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October 15th, 2014 ■ Issue No. 11 ■ Volume 105

THE gateway

THE OFFICIAL STUDENT NEWSPAPER AT THE UNIVERSITY OF ALBERTA

NIGHT SHIFT

PG 14

WHO WATCHES CAMPUS
WHILE WE SLEEP?

MARKET MODIFIER INCREASE

Richard Catangay-Liew
NEWS EDITOR • @RICHARDCLIEW

Students won't have to hear the words "market modifier" much longer — unless their program is affected.

University programs across Alberta had until Wednesday, Oct. 15 to submit their market modifier proposals to the provincial government. University of Alberta programs submitting proposals are the Faculty of Law, the Department of Economics in the Faculty of Arts, the MBA program in the Faculty of Business and the Faculty of Rehabilitation Medicine and the Faculty of Pharmacy.

The Faculty of Law has proposed a tuition increase by about \$2,000 per academic year, starting in 2015-16. Current tuition for the U of A's law school sits at \$10,121, and if the proposal is passed, tuition would sit at \$15,995 in 2017-18. Tuition for the MBA program will increase by \$11,500 starting in 2015-16, bumping it from \$23,217 to \$34,700. The Department of Economics market modifier is

"Market modifiers are a way to ensure their program quality is maintained."

JAMES KEHRER
DEAN OF PHARMACY

modeled at an increase of \$150 per course for domestic students, and an increase of \$554 per course for international students. The Faculty of Pharmacy is applying for an increase of \$1,400, bringing tuition from \$9,987 to \$11,387, effective 2017-18. Details about proposed tuition increases in the Faculty of Rehabilitation Medicine were not available as of Tuesday afternoon.

Dean of Pharmacy James Kehrer said that while his faculty is applying for a tuition increase, market modifiers are a way to ensure their program quality is maintained by increasing experiential learning, expanding pharmacy practice labs, scholarships and student activities, like funding for conferences.

"We've moved into an era where government support is simply not going to be at the same level it used to be," he said. "But we also want to maintain it at a fair level. We don't want to put all the burden on students."

Kehrer added that he's met with the Alberta Pharmacy Students' Association — who supports the market modifier increase — and deemed the level of consultation between faculty and students "adequate."

"I've consulted students as much as I possibly could," Kehrer said. "Initially, it wasn't as much as I would've liked because we

had a short timeline, but once the timeline got longer, we had time. (But) yes, I think it's been adequate with our students."

But Students' Union Vice-President (External) Navneet Khinda disagreed.

"To say it simply — no ... it hasn't been adequate," Khinda said of the level of consultation between administration and students. "I think some faculties have done a good job ... but I still think it could've been much better."

Khinda met with Minister of Innovation and Advanced Education Don Scott last week, and said he would not push back the deadline and was "vague" on what it would take to reject a proposal.

Programs applying for market modifiers will hear back from the Ministry of Innovation and Advanced Education in November as to whether their proposals will be accepted.

Khinda said the SU and the Council of Alberta University Students will continue to lobby the government and administration regarding tuition hikes, even after the deadline.

"We're trying to get into the minister's ear," she said. "I think the minister has to consider the repercussions of whatever decision he makes."

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colophon

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news haiku

Yay! Staff Reporter
Welcome to the team, Collins!
Got a lot to learn



PHOTO OF THE WEEK Stay tuned, #pizza fans, @cooom delivers on Oct 29.

CHRISTINA VARVIS

streeters

COMPILED AND PHOTOGRAPHED BY Oumar Salifou + Kevin Schenk



Jo-Ann Fasegha SCIENCE III

"I would ban finals on Saturdays. Those are the worst."



Shireen Bangash ARTS II

"People who take up a whole table and spread everything out. It's OK if it's a small table, but if it's a big ass table — no."

George Voloboer ENG III

"Assignments or labs during midterms. Give us a week or two where we have no classes or labs and just midterms."



Calvin Jensen SCIENCE II

"People who don't contribute to group projects. If you're not going to do the work, you don't deserve the mark."

gatewayNEWS

"I would have gotten away with it, too, if it wasn't for you meddling kids!"



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\$1M award could mean heart surgeries won't skip a beat

James Davison

NEWS STAFF • @THEJAMDIDDY

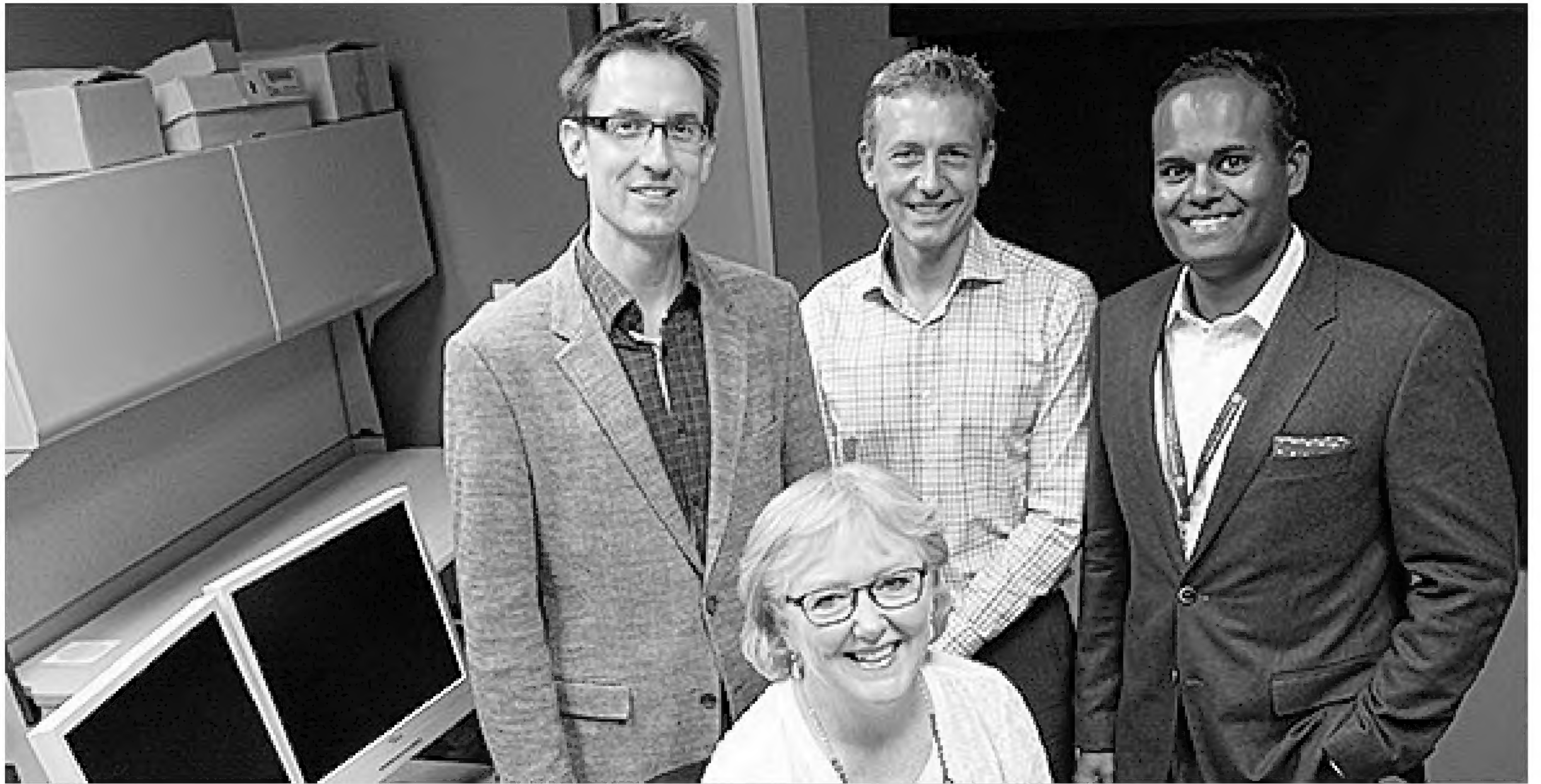
A \$1 million award could be a “game changer” for those on heart transplant waiting lists.

The \$1 million Gerald Averback Medical Research award — the largest single research award in the University Hospital Foundation's history — was awarded to University of Alberta medical researchers Jason Dyck and Lori West from the Department of Pediatrics, and Darren Freed and Jayan Nagendran from the Department of Surgery on Tuesday, Oct. 7. The award will fund three years of the research team's work, as they aim to make the heart stronger and more resilient for transplantation.

The project is a collaboration between the Alberta Transplant Institute, Canadian National Transplant Research Program and the Mazankowski Alberta Heart Institute. Director of Heart Transplantation Research Lori West said the team is glad to be working with a group composed of different specialties vying for the same goal.

“(The research) brings together investigators in a way that's synergistic ... it allows us to work together in a way that's beyond what any of us could do individually,” West said. “That's the key to really transformative research: to bring people together that in ways that they can't do alone, that they're much more effective together than they could be alone.”

The team's members bring a diverse spectrum of medical expertise, such as keeping hearts alive



PUMPING OUT HEART TRANSPLANTS From left to right: Darren Freed, Lori West, Jason Dyck and Jayan Nagendran could make heart surgeries more efficient.

SUPPLIED

outside of the body and delivering gene therapy with viruses. The research team hopes to study new procedures that, if successful, would dramatically increase the amount of hearts available for transplant.

Current methods of heart transplantation are effective, but many organs fail to meet standards required for transplant, leading to many unsuccessful operations, West said.

“Anyone who suffers the kind of injury that would lead to brain death and then organ donation ... are just

inherent aspects of that process that can be damaging to the heart itself,” West said.

About 70 to 85 per cent of donor hearts cannot be used, sometimes because of logistical issues, but more often because of insufficient function.

U of A Department of Surgery associate professor Darren Freed is focused on manufacturing a machine that can sustain the heart outside of the body, where it remains essentially alive, but can be treated with a variety of therapies

at the same time. This technology has never been used before on human subjects.

With a functioning heart being sustained outside the body, Dyck would be able to utilize his gene therapy expertise to repair the heart and better prepare it for transplant. Applying gene therapy to a heart still in the body often leads to undesired effects in other organs and systems, Dyck said.

Gene therapy would be delivered to the heart tissue using genetically engineered viruses, essentially

“infecting” the heart. The infection delivers the therapeutic genes without the harmful effects expected from ordinary viral infection.

But even if the promising gene therapy aspect fails to yield its desired results, it will have paved the way for future projects to use the same technology, Dyck said.

“We'll at least have a protocol that we can easily then test the next gene of interest, and have that whole process worked out, so either way I think we're going to have fairly important findings.”

New funding from Bell to build online mental health resources

Collins Maina

STAFF REPORTER • @COLLINS_MANIA

The Bell Let's Talk Community Fund has extended a \$10,000 grant to the University of Alberta, a move that could change the conversation surrounding online mental health and wellness resources at the university.

During the announcement on World Mental Health Day, Oct. 10, Acting Dean of Students Robin Everall said that the grant would go towards developing online tools and information accessible to students and service providers.

“It is really important to us that we reach out to students in a way that is accessible to them and that suits their needs in a time of changing communications,” Everall said.

She said the grant will also go towards developing online self-assessment and self-help materials which will help people deal with anxiety, depression and provide university coping skills.

“It is no longer enough to have just one way to reach out,” she said. “Our goal is to reach out both formally and informally to provide access to services and information regardless of where the student is seeking these services.”

Everall said mental health is the foundation for both academic and personal success, as the funding will help support an ongoing

de-stigmatization campaign.

Bell Canada Edmonton general manager Gregor Allan said the Bell Let's Talk Community Fund has invested more than \$4 million since 2011, the money supports groups that work towards improving mental health and fighting stigma.

“Eliminating the stigma that is associated with mental health issues is one of the more significant challenges,” Allan said.

He said the purpose of their campaign is to encourage people to have a conversation about the challenges they are facing in order to “slowly chip away” at the pervasive stigma that exists when it comes to mental health.

The Office of Advancement's Senior Corporate and Foundation Relations Officer Sam Pearson, who was involved in the grant application process, said the university initially applied for \$50,000 from Bell. She's optimistic about the impact \$10,000 can make on future funding prospects.

“I am hoping that we will be able to get more funding from them after we demonstrate the effectiveness of how we've used the funding,” she said. “It also gives us an opportunity to go and reach out to other organizations.”

Although Pearson said some scaling back and re-prioritizing of efforts might need to be done, she noted that key parts of the program

initially outlined in the applications can be put into action.

Everall said each pool of funding helps the university's health mandate move forward, and this specific funding will help the university build its online initiative.

“It takes a whole campus to support the student,” Everall said. “That is what we work for.”

This online initiative is geared towards expanding across communication platforms and will allow the university to transform this information into a more relatable form, she said.

“We know that our students are seeking support online and our objective is to go where our students are and not expect them to come to us,” Everall said.

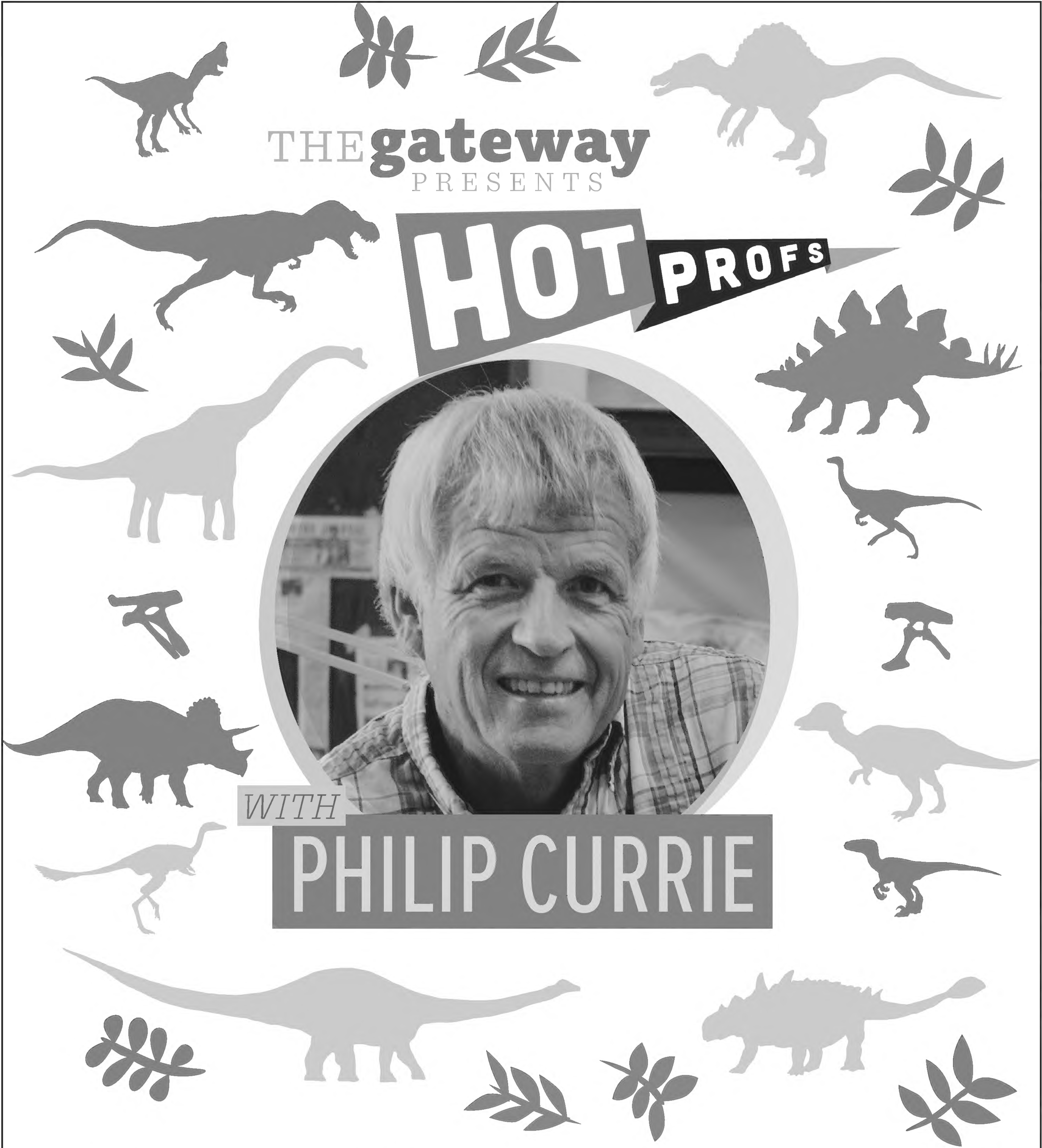
She was shocked at the extent to which people turn to the web to find the information they need, since many would prefer to look up information on their own rather than going to get physical help. The online initiative aims to make the university's information, tools and resources accessible, relevant and useful while being provided through a medium that speaks to students in a way they can listen to, Everall said.

“Our web services are essential for connecting with students in a timely and updated way,” she said. “We want to educate the whole university community.”



LET'S TALK Gregor Allan presents the U of A with a new \$10,000 grant.

CHRISTINA VARVIS



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\$5 • FREE FOR STUDENTS WITH STUDENT ID

Former Prime Minister delivers lecture on leadership

Collins Maina
STAFF REPORTER • @COLLINS_MANIA

Former Prime Minister of Canada Kim Campbell emphasized one major point in front of a packed theatre in Telus Centre: leadership is taught.

Campbell — who was appointed in April as the Founding Principal of the University of Alberta's upcoming Peter Lougheed Leadership College — drew on her experiences as Canada's 19th Prime Minister and shared her views and outlook on leadership education and the importance leadership has in providing solutions to global challenges at a free public lecture on Thursday, Oct. 9.

"All leaders have been taught," she said. "Leadership is taught. It can be taught. It should be taught — and in this new initiative, it will be taught."

She said some leaders may be born with certain gifts and talents, but stressed that everyone arrives at their young adulthood with a highly complex and sophisticated set of understandings of the world. Instead of looking at whether leadership can be taught, she said that it's more important to ask how leaders are taught, and whether they are taught what they need to know.

"Students are not blank slates," Campbell said. "When they arrive at the university they have learned from many influences throughout their lives."

Campbell highlighted how family, social influences, knowledge, experiences such as work, sports, travel, personality traits and characteristics, may all contribute to an individual's leadership capacity. But she

said leadership isn't an academic discipline, but instead an organizing principle for interdisciplinary studies.

Diversity and experiential learning are key aspects in the development of the Leadership College, she said.

"Leadership is taught. It can be taught. It should be taught — and in this new initiative, it will be taught."

KIM CAMPBELL
FOUNDING PRINCIPAL, PETER LOUGHEED LEADERSHIP COLLEGE

"There is so much more empirical evidence that demonstrates that ... all kinds of diversity improves performance," she said. "We want diversity in the college."

In promoting this idea of the need for diversity in leadership, Campbell said the Leadership College will be looking for the most diverse group of students they can find in the U of A.

"We are hoping that we have more applications than we have spaces so that we can create that kind of diversity," she added.

In discussing the future Leadership College, she said admission will not be solely based on grade point average, but the commitments students will be asked to make will be demanding — so those with a strong academic base would make ideal candidates.

The Leadership College will work with faculties to identify students to encourage to apply, she said, but materials and resources created



LEADERSHIP LECTURE Former PM of Canada Kim Campbell gave a public lecture on leadership on Thursday, Oct. 9.

COLLINS MAINA

within the Leadership College will be made available beyond the college itself.

Campbell, who will also serve a three-year term as an adjunct professor in the Department of Political Science, spoke about the need to teach students emotional intelligence, cultural diversity, models of

leadership, team building and skills such as speech-giving.

"The goal of teaching leadership is not to churn up a finished product," she said. "It's to lead students to think intelligently and knowledgeably about leadership in all the ways that it impinges on their lives."

She noted that change is one of the hardest things for anyone to bring about. But she reminded the audience there is always some support within the community.

"Leaders need to know that we are all in the same boat," she said. "We are all in this together, and we all need to understand this."

Live Forum

On China's Practice of Organ Harvesting & Mass Murder: How should Canada respond?

Speakers:



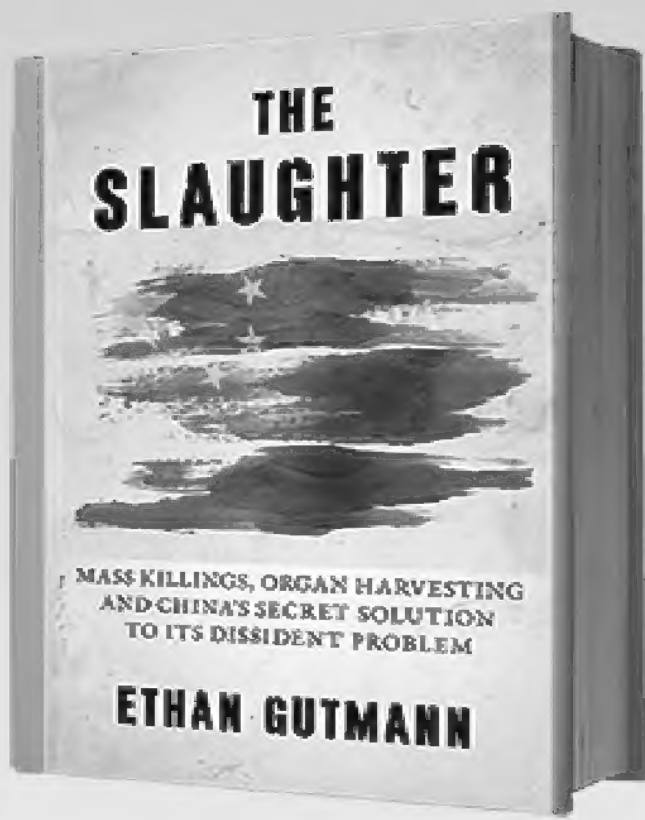
Ethan Guttmann
China Expert, Journalist,
Author of "The Slaughter"



David Kilgour
Former Edmonton MP, Nobel
Peace Prize Nominee, Co-author
of "Bloody Harvest"



Dr. Charl Els
Associate Clinical Professor, John
Dossetor Health Ethics Centre



"The Slaughter is gripping, horrifying, infuriating — and utterly compelling."
—William Kristol,
Editor, Weekly Standard

Tuesday, Oct. 28, 2014, 4:00pm - 5:50pm
University of Alberta
Medical Sciences Building, Room MS 2-27
(114 Street & 87 Avenue)

China's Communist Regime Harvests Organs For Profit

In 2006 allegations surfaced that the regime was killing Falun Gong practitioners for their organs to be sold for profit. Over 41,500 organ transplants done by regime-run hospitals for the six year period 2000 to 2005 could not be verified.



"We believe that there has been and continues today to be large scale organ seizures from unwilling Falun Gong practitioners."

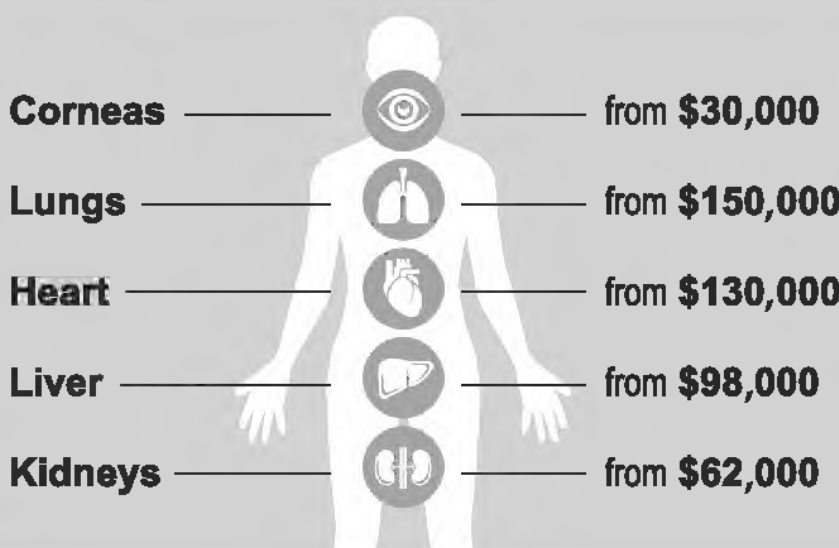
Former MP David Kilgour (left), and respected human rights lawyer David Matas (right) attend a press conference, in Ottawa July 6, 2006, to release their investigation report 'Bloody Harvest' on organ harvesting of live Falun Gong practitioners. (Chun Zhu / The Epoch Times)

Ethan Guttmann, an award-winning China analyst and human rights investigator, issued his new book 'The Slaughter' on August 12, 2014.

'The Slaughter' gives an inside story of China's organ transplant business and its macabre connection with internment camps and killing fields for arrested dissidents of Falun Gong, Tibetans, Uyghurs, and House Christians.

What is Falun Dafa (Falun Gong) ?

Falun Dafa, also known as Falun Gong, is a traditional Chinese self-cultivation practice that improves mental and physical well-being by enhancing one's heart-mind nature (xinxing) through easy-to-learn exercises, meditation and teachings. The practice is based on the universal principles of Truthfulness, Compassion and Forbearance. Falun Dafa is freely practiced in more than 100 countries worldwide, millions of practitioners have reported dramatic improvement in health, with enhanced spiritual awareness. For more information, please visit: www.falundafa.org



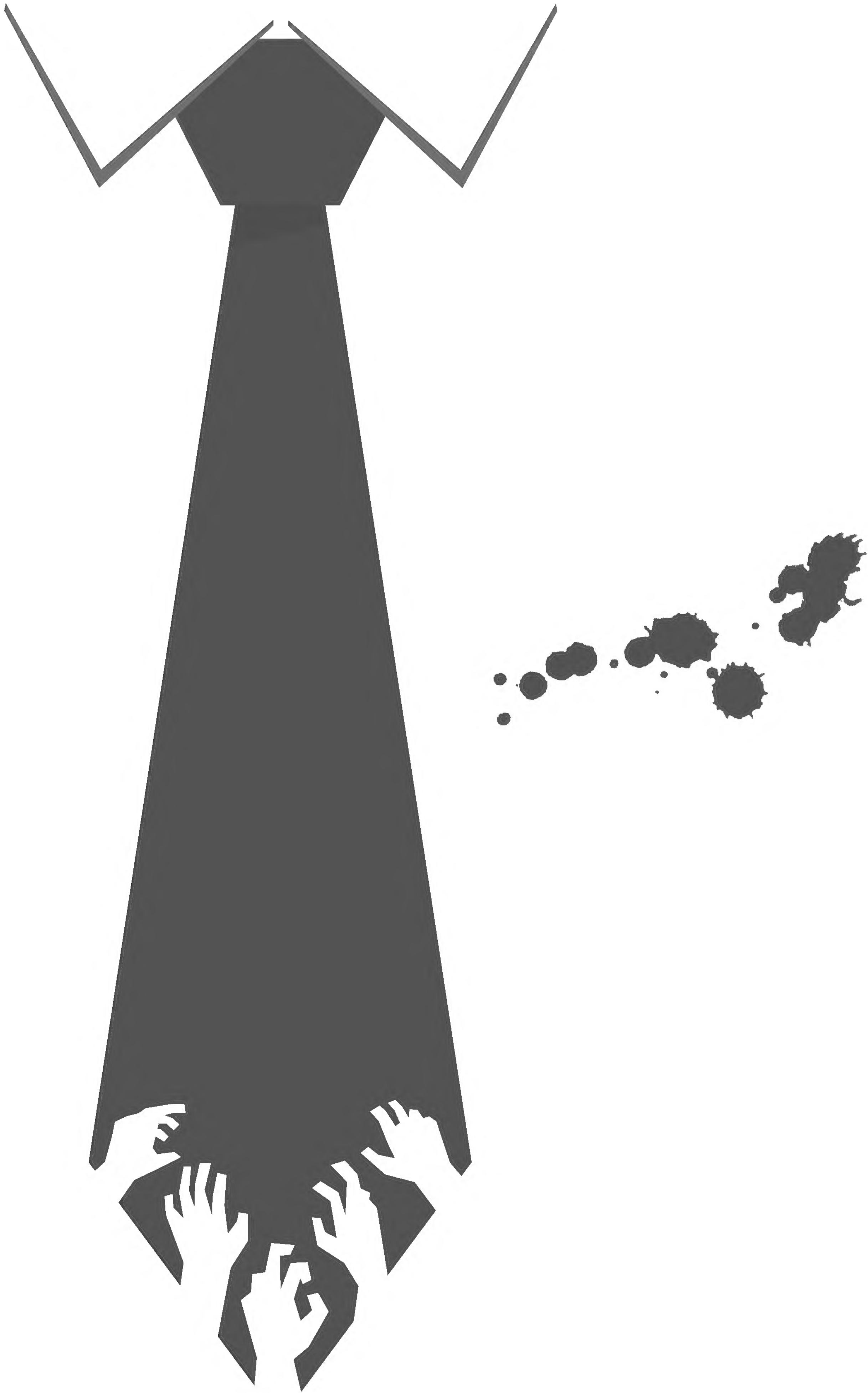
There's big money in human organs; and prisoners of conscience in China, especially the adherents of Falun Gong, are being killed in the tens of thousands for theirs.

Falun Dafa Student Group
Falun Dafa Association of Edmonton

John Humphrey Centre
for Peace and Human Rights
pour la paix et les droits de la personne

John Dossetor Health Ethics Centre

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SUSTAINING SENIOR CENTRES U of A researchers visited senior centres across Alberta to research their sustainability. SUPPLIED

Researchers explore future of senior centres in the province

Amanda Short
NEWS WRITER • @THE_AMANIMAL

They're more than just "old people" — Alberta's senior population is a diverse group of 425,000 individuals with specific needs when it comes to housing.

Alberta Health Services recently awarded a \$70,800 joint grant between the Alberta Association of Seniors Centres, the Seniors Association of Greater Edmonton and two University of Alberta researchers to study the facilities in which thousands of senior citizens live. Kyle Whitfield and Jason Daniels of the U of A's Faculty of Extension utilized the grant over one year, and explored how senior centres integrate into the province's social landscape.

Whitfield and Daniels spoke with seniors and staff in eight community seniors' centres across Alberta to learn about the centres' benefits and how to maintain them. The Government of Alberta issued a report in 2010 stating the province's population of seniors will rise and become more varied over time, so Whitfield and Daniels sought to answer questions about the sustainability of seniors' centres in Alberta.

The researchers found that regardless of a centre's size, the sense of community fostered within the community was evident.

The centres are beneficial to their clientele, and in turn, the seniors find a place to offer the skills they own for the community's benefit.

A major issue Whitfield and Daniels identified was the stigma that these centres are merely for "old people," as some seniors would rather distance themselves from the idea of being seniors, therefore not seeing what the centres had to offer.

The solution to this problem comes from changing the public's perception, Daniels said. These centres are not just settings for the elderly to be entertained, but instead gathering places facilitated by the community for seniors to share their stories, skills or have a casual conversation over coffee.

"What we heard in our research from people is that many of the centres are thinking of changing what they look and feel like and what they're called," Whitfield said.

Whitfield emphasized the "local flavour" as something prevalent in seniors' centres — it's the people who shape the centre. As a result, the centres come to reflect their members and adapt to suit their needs.

"What we found really important was that they felt and had a level of ownership," Whitfield said.

The centres provide spaces for seniors to socialize and also serve a greater function within the community — as miniature pockets of

familiarity in large, urban spaces and informal meeting places in rural ones. This relevance is key to sustaining senior centres in the future, Daniels said.

"If people see them as relevant to their lives, they're going to go," Daniels said. "I think they have a potential to serve a great need in whatever community they happen to be in. But ... it's got to be a reflection of what people want and need, or they just won't go."

■ **"The seniors themselves ... still have a lot to give."**

JASON DANIELS
ASSOCIATE PROFESSOR, FACULTY OF EXTENSION

The centres' inherent flexibility means that they can adapt over time, as long as they are able to attract the people who make them. Beyond the social role they play, senior centres are places where seniors can offer themselves, and that's what makes them truly vital to the populations they serve, the researchers found.

"The seniors themselves ... still have lots to give," Daniels said. "(They have) the potential to lead classes, to participate in the community. They're amazing people who have stories and skills and abilities. I really think it's an untapped resource."





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ARTS AND CULTURE

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WITH ANOTHER



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SEXUAL ASSAULT AWARENESS WEEK Last week's campaign aimed to educate campus on sexual assault.

FILE PHOTO

UAlberta Sexual Assault Centre strives for a violence-free U of A

Nathan Fung
NEWS WRITER • @OPINIONATEDHACK

The University of Alberta's sexual assault awareness campaign aimed to let survivors know they're not alone, while combating a culture of victim blaming.

The U of A's Sexual Assault Centre recently concluded its semi-annual Sexual Assault Awareness Week, which ran from Oct. 6 to 10. Sexual Assault Centre Volunteer Coordinator Tasha Perras said the week's goal was to raise awareness about sexual assault on campus while informing students about the services and resources the centre provides.

■ **"Sexual assault and sexual violence is an issue that affects all communities and all demographics."**

TASHA PERRAS
VOLUNTEER COORDINATOR, SEXUAL ASSAULT CENTRE

An information booth was set up at various locations throughout the week, where volunteers provided cookies, bookmarks and brochures that advised students passing by about sexual assault.

"I think that one of the biggest challenges that (sexual assault) survivors face is that survivors often don't receive the support that they need," Perras said.

In a Survey of Unwanted Sexual Experience Among University of Alberta Students conducted by the U of A in 2001, one in five students reported at least one unwanted sexual experience in their life. That figure is reflected nationally, as Statistics Canada reported in 2006 that one in three females and one in six males had experienced an unwanted sexual encounter. Perras said universities are a "little microcosm" of issues on a grander scale.

"Sexual assault is an issue that affects everyone in our society," Perras said. "Sexual assault and sexual violence is an issue that affects all communities and all demographics."

Of the one in five U of A students who reported an unwanted sexual experience, Perras said 67 per cent of those individuals talked to a friend about it. She said the Sexual Assault Centre is there for individuals who need someone else to talk to.

"We all have people in our lives likely impacted by sexual violence, whether we know it or not," she said. "But many of us are going to receive disclosures from people and be in a position where we can hopefully provide good support for that person."

The centre also provides an opportunity for volunteers to be educated about the topic and share their knowledge with those who need it. They recruit 30 students every year who go through 60 hours of Crisis Intervention Training,

where they learn skills like how to provide support and how sexual assault impacts communities. After training, volunteers work directly with clients or on the educational awareness committee, where they branch off into campus with events like Sexual Assault Awareness Week. Volunteering for the centre is a "rewarding experience," Perras said.

■ **"We all have people in our lives likely impacted by sexual violence."**

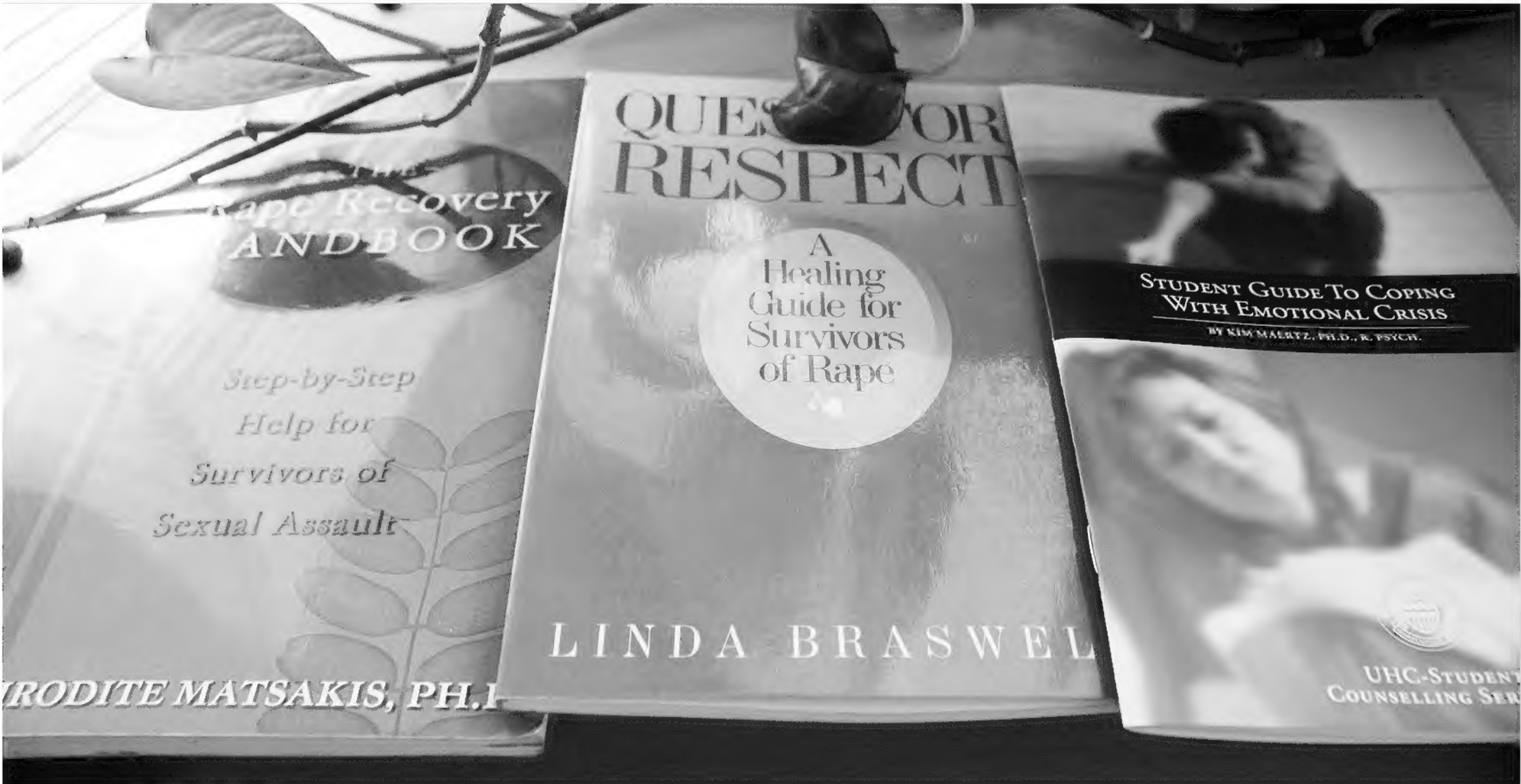
TASHA PERRAS
VOLUNTEER COORDINATOR, SEXUAL ASSAULT CENTRE

"Volunteers experience personal growth in various ways. They learn a lot about themselves," she said.

Some of the challenges volunteers and the centre face is when survivors are subjected to victim blaming or fear that others may think they're lying about what happened, she added.

Beyond Sexual Assault Awareness Week, Perras said the ultimate long-term goal of the Sexual Assault Awareness Centre is to let students know there is a service to console survivors while providing a supportive environment on campus.

"We strive to not just provide education, but to be a safe place for people to receive that non-judgmental compassion and support," Perras said. "I think it's an issue that impacts all of us."



CHRISTINA VARVIS

Opinion

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Volunteer

Hey volunteers, come by 3-04 SUB every Wednesday at 3 p.m.!

EDITORIAL COMMENT

Checking your privilege a barrier to real discussion

RATHER THAN TELLING ME TO CHECK MY PRIVILEGE, I WOULD much prefer it if you just told me to shut my mouth.

The check your privilege argument has grown more mainstream all the way from in-class discussions to debates over hot issues online. It seems like almost every day I hear the line dropped either in a class or I see it used on the Internet, but not as a way to actually further the conversation. Instead, it's used as a way to completely shut somebody else down and end a discussion. This argument isn't a trump card, it's just a glorified way to tell somebody to stop talking because of who they are, and not because of what they're saying.

The root of this "check your privilege" argument, at its core, is just a quick, convenient way to devalue someone else's opinions. Telling someone to check their privilege should be used as a way to deepen a discussion and encourage people to approach the topic from a different point of view. It shouldn't be used as a weapon to shut somebody down and end a discussion, because ultimately, no one's opinion is worth more or less than anybody else's.

I've seen this happen many times to me and people around me. I've been interrupted in class discussions midway through making a point, only to be told that, since I'm a straight, white male, I have no place in the conversation. Even though these people are complete strangers, they judged the validity of what I was saying based solely on my appearance.

Honestly, I would much prefer to simply be told to shut up.

I know that most readers will see this and roll their eyes, lamenting the idea of a straight, white male looking for sympathy. But that's not what I'm looking for.

It's understandable to ask somebody during a discussion if they've taken somebody else's point of view into perspective when formulating their own opinion. I understand the sentiment behind that and in trying to understand difficult issues like gender inequality, residential schools or slavery, taking into account the viewpoints of less privileged groups effected by these circumstances is necessary to truly understanding them. These are important aspects to developing a well-rounded and thoughtful view of the world.

What I do have a problem with is being dismissed and told my opinion is worth less than someone else's because of my gender or skin colour. Telling someone to check their privilege rather than evaluating what they're actually trying to say isn't reverse discrimination — it's flat-out discrimination. This rhetoric also ignores what systemic privilege actually is, as it arbitrarily attributes privilege to individuals regardless of their economic standing. This ignores the reality that anyone can be privileged or unprivileged in a capitalist society that inherently functions on class inequality. It's silly to paint a white male living in a trailer park with a learning disability and working as a factory as privileged, while a non-white female who has wealthy parents as less privileged. Using blanket statements to describe anyone based on their race or gender rather than their actual situation in life is counterproductive and pointless.

Let's also stop pretending that every middle class, straight, white guy grew up on a castle in the clouds, oblivious to the ills faced by anyone else in the world. Absolutely, my life has been relatively easy and I wouldn't deny that for one second. But suggesting that I can't understand issues faced by anyone else because of my existence and upbringing is just as inappropriate as prohibiting anyone that couldn't afford a formal education from discussing politics or economics. Different viewpoints bring different aspects to a discussion and none should ever be dismissed based solely on their race or gender.

A critical, fundamental value in any free, democratic society is the right to freedom of speech. If we truly want to live in a society where everyone is equal, then everyone's opinions should be treated as such. That doesn't mean everyone's opinions are correct or appropriate. But everyone should be given a fair medium to present their thoughts on an issue.

This "check your privilege" phenomenon acts as a roadblock to real discussion, and it disables the potential for people from different backgrounds to truly converse and work together. This argument is just a way to label one another and make generalizations about others based on their gender, sexual orientation, race or religion.

When we line up at the ballot boxes for any municipal, provincial or federal election, each of our votes are worth the same. When we discuss issues, no matter how big or small, our opinions should reflect the value of those votes and be equal with one another.

And if you don't like what I said just because I'm a white guy, you might as well just tell me to shut the fuck up and help me prove my point.

Cameron Lewis
SPORTS EDITOR

WHAT WAS KIM JONG UN DOING ON HIS DAY OFF?



GETTING DAT HAIR DONE

JESSICA HONG

letters to the editor

FROM THE WEB

"Gluten-free" products could still be dangerous

(Re: "Gluten-free diets not a suitable option for all," by Nathan Bird, October 5.)

From my understanding, this fad also hurts people who are celiac, because a lot of the foods marketed as gluten-free now actually have traces of gluten in them which can be incredibly dangerous for someone who's celiac and not just eating gluten-free as a choice.

Not Celiac
VIA WEB

FROM THE ARCHIVES

I find your lack of faith disturbing

This is in response to Nathaniel Fairbairn's review of the *Star Wars* trailer. I personally love *Star Wars*, and unlike some individuals, I did not mind teh article on the front page of The Gateway. I was offended by Fairbairn's lack of confidence in George Lucas. If you read Fairbairn's article, he commented that some fans worry "about continuity between the two trilogies." Using the example of Obi-Wan telling Luke about his father Anakin. Fairbairn, in his article, is "left to wonder how a 10-year old farm boy from a desert planet [becomes] a great pilot." If he actually watched the trailer, the answer was right before his eyes. You can see the 10-year old flying

in a spacecraft battling in far reaches of the galaxy. I admit that I do not have the answer to the question "how did he become a good pilot?" but I am sure that Lucas explains it in his film. I admit, a quick scene in a trailer doesn't explain how Anakin becomes a good pilot, but isn't that what a trailer is for? To give the viewer a taste of what's to come, leaving them with questions? I hope this answered the question that arose in Ben and Luke's discussion in episode IV. I'm sorry, Fairbairn, but I don't think that Lucas would risk millions to make a film that would utterly destroy the fantasy world that he created in the first trilogy. In order to keep the viewers believing in his characters, I am sure he will tie up the loose ends.

Kyle Wilson
JANUARY 26, 1999

Where's all the action?

I am new to this university and I have seriously been wondering where all the action is in this town. I ask people who seem either not to know, not to care, or too paranoid to help me out.

Where is the good dope in this town? Why does cocaine cost \$150 per gram? How come the police around here get away with so much crap that they instill terror in the hearts of so many people I meet? Surely there are certain citizens with guts and brains enough to keep some source of happiness flowing in this lovely prairie town. I certainly need a cheaper supply than I have so far found. Anyone in the know would be appreciated by passing it on.

The Columbian I have been smok-

ing is shitty commercial grade at expensive prices. Does anyone sell pot for less than \$80 an ounce? And I need to know where some good hash is. I've seen a bit of acid but its awfully weak. Worse than that, it is hard to find a good place to trip. Do many people here trip much? Does the acid here come from Vancouver or the Chemistry Department? What do we do about the incredible number of narcs who prowl the campus and bars to sniff out high society & I'd like to know if there is any people's service to help those who would like to do more than accept Big Brother's terrorist strategy. Anybody want to get out of control I have heard a little bit about some Legalization of Cannabis Commune or some trip like that but so far I don't see a thing they are doing. Yet I keep seeing what Drug Squad does everywhere I go. Who's winning this game anyhow?

Anyhow, I'm sure there are worthwhile adventures in this city but they must be awfully laid back or hidden or something. This is a general plea to any reader to please rescue someone getting very bored. How much does it cost to find a way out of this existential eclipse?

Itchy Sludge
OCTOBER 6, 1978

Letters to the editor should be sent to letters@gateway.ualberta.ca (no attachments, please).

The Gateway reserves the right to edit letters for length and clarity, and to refuse publication of any letter it deems racist, sexist, libellous, or otherwise hateful in nature. The Gateway also reserves the right to publish letters online.

MSM blood donor restriction an outdated constraint



JeeSu Suh
OPINION WRITER

Canadian Blood Services (CBS) are experiencing their worst blood shortage since 2008. They're desperate for donors of, essentially, all shapes and sizes unless, you're a male who's had sex with another male (an activity abbreviated MSM) in the last five years.

Most of us recognize that this restriction is largely, if not completely, bogus. But we must give due credit: in 2013, CBS reduced what was once a lifetime deferral period to the current rate of five years, though this still isn't a total removal of the discriminatory restriction. Let's not be too hasty in placing all the blame on CBS; instead of a tyrannical bureaucracy brandishing their high-and-mighty pseudo-morals, these restrictions are more likely reflective of the current societal attitude towards homosexuality.

CBS first installed its lifetime ban on men who have engaged in MSM in 1985, at a time when HIV/AIDS was just emerging as a more relevant topic of discussion in health care, but was still rampantly misunderstood. Nowadays, with highly sophisticated and developed screening at clinics and techniques for testing blood, this restriction is almost pathetically irrelevant.

The strange thing is that, based on their 2013 Surveillance Report, CBS may be fully aware of the absurdity of their policy. They report

that the main risk factor for HIV is having multiple sexual partners, not homosexuality itself. Moreover, they report that the risk of a transfusion transmission is around one in eight million. Meanwhile, countries that have abolished the ban entirely have seen no changes in transmission rates. Maintaining this ban is questionable with the data from this report showing that the evidence behind such a ban is so weak.

Nowadays, with highly sophisticated and developed screening at clinics and techniques for testing blood, this (MSM) restriction is almost pathetically irrelevant.

This discriminatory policy might reflect less on the organization itself, and more on our overall society. There are still individuals living with the effects of an HIV/HCV infection from a transfusion in the late 1970s and '80s, before effective screening and testing was available, which would undoubtedly colour their perceived notions of homosexual donors. Most University of Alberta students find themselves in a safe, liberal bubble of accepting attitudes, which could make them blissfully ignorant of the fact that there are still many people who harbour prejudices against gender minorities.

It's clear that this restriction CBS places on potential blood donors isn't founded on logic or



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science. What's less clear, however, is who to blame. Some might say CBS holds all the responsibility, but let's not forget that they need Health Canada's approval for proposed policy changes.

Instead, if everyone was educated and accepting not only of the LGBTQ+ community, but of safe

sex practices and STI transmission, this ban probably wouldn't exist in the first place. All the hard science needed to refute it is already out there, after all. Perhaps CBS is simply afraid of the societal backlash that may ensue from their lifting of the ban altogether.

It's hard not to be disheartened by restrictions based on long-held prejudices like this one imposed by CBS. But instead of completely lambasting well-meaning, life-saving organizations, we should use situations like this to improve our own awareness and efforts at attaining social equality.

Love of God

We can argue that the existence of pain and suffering and of evil, suggests that God does not exist, but we cannot deny that we each have a conscience which tells good from bad. If then we are interested in understanding pain and suffering or what evil means, we should pay more attention to the choices we make. Our thoughts, what we do and what we fail to do, all matter. Choices affect not only our lives but the lives of others. With a closer scrutiny we may not be entirely satisfied with who we are and we may desire transformation to a person we can be proud of. One way to start is by repeating the following words:

"God if you exist, come into my heart and clean it. Teach me to love you and to love my neighbor as myself. I am sorry for the bad things I have done and the bad thoughts I have had about others, please forgive me and please help those that my actions and my words have brought pain to. I promise to pay attention to what I do, minute by minute, hour by hour."

If we are serious about a change of direction, then we should be prepared to set aside time daily to pray and we need to put our faith into action.

"You are the light of the world. A city set on a hill cannot be hid. Nor do men light a lamp and put it under a bushel, but on a stand, and it gives light to all in the house. Let your light so shine before men, that they may see your good works and give glory to your Father who is in heaven."

www.loveofgod.ca

YOUR OFFICIAL STUDENT NEWSPAPER



AT THE UNIVERSITY OF ALBERTA

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Shock value an ineffective part of viral ad campaigns



Hannah Madsen
OPINION STAFF

Creating an ad campaign that goes viral is every company’s wet dream. Viral campaigns reach a wider crowd than more traditional advertising mediums can through word-of-mouth and social media, often resulting in fame and a huge profit for the company.

Most advertisements that gain this level of popularity achieve it because they’re clever and make the consumer think about whatever’s being portrayed in a new way. But, a company shouldn’t use manipulation to convince its consumers to buy its products or care about the plights of other people — consumers should care about other people without direction from an advertiser.

Some viral marketing stories result in triumph. Recently, Plan, a Norwegian non-profit organization created a fictional blog about a 12-year-old child bride engaged to a 37-year-old man in order to raise awareness about child brides around the world and elicit sponsorships for other girls who would otherwise be coerced into these types of marriages. The blog featured posts authored by Thea (the girl) about everything from picking out a wedding dress to no longer attending school and questioning what sex would be like. Since the posts were unabashedly frank, they shocked readers of the blog and provoked a flurry of responses.

The non-profit’s campaign was quite successful: they gained a readership of around 500,000 people before the story even blew up



SHOCK ADVERTISING Marketing campaigns like the Norwegian child bride campaign must be more transparent

SUPPLIED

via media coverage — not too bad, considering Norway’s total population is five million people — and the exposure has almost certainly resulted in an increase of sponsorships for potential child brides.

But being shocked by something that later turns out to be fake and done for the sake of arousing sympathy through those same false pretenses is an ugly way of raising awareness, and could taint the

same awareness that it grants to readers. In the case of this campaign, responses have been really positive — there are no articles published by major news outlets yet that react to it in the negative manner usually reserved for controversial campaigns.

Additionally, the outrage shown for a white child bride from a first-world European country and the resulting signatures on the

petition that Plan created — which elicited an astounding 1,488 percent of the initial goal and reached an estimated 3.6 million people — is really telling. Plan states on their website that 142 million girls will be forced into marriage in the next 10 years, and the practice of child brides has been around for a long time. It’s an issue that many people are aware of, but choose not to take action about because it doesn’t

directly influence them.

There isn’t a good solution for our general desensitization to these issues we’d otherwise ignore that marketing like Plan’s brings to our attention. A lot of it has to do with how readily available information is now. When large volumes of information from all over the world floods our awareness, it’s overwhelming and forces a reader to have to pick and choose what they can pay attention to. This same thing happens around Christmas and Easter each year, when every major retailer asks for donations from casual shoppers, and often results in a negative response, because consumers feel like they are being asked to donate to too many causes at the same time and aren’t able to afford it or aren’t willing to donate multiple times.

But tricking readers, especially for a social justice cause through shock value advertising, can only work so many times before consumers either stop believing advertisements and information for social justice causes, or vehemently reject causes that they could otherwise fund and raise awareness for.

Companies need to be upfront about when an advertisement is fake and aim to be more straightforward. Even if lying to readers elicits a positive response, eventually there will be an over-saturation of viral and shocking advertising. There’s already a proliferation of videos with clickbait titles on websites like Upworthy, and there are more being posted every day. Straightforward messages that are to the point, and fundraising methods that are transparent and accessible are the more ethical solution, and could possibly pay off more in the long run than a shock campaign will in the short-term.

Protecting children not the real purpose of proposed tobacco ban



David Rybak
OPINION WRITER

Despite being framed as a way to keep our children safe, a potential ban to flavoured tobacco looks like just another play for garnering more votes.

Multiple provincial and territorial health ministers are pushing for further regulation of flavoured tobacco products and e-cigarettes, largely on the premise that this will “protect children.” Essentially, smoking is bad — because cancer — and kids like fruity and tasty things. But kids with cancer is obviously a bad thing, so therefore flavoured tobacco should be banned. At least that’s the government’s rhetoric.

To be fair, the Heart and Stroke Foundation estimates that 153,000 adolescents in Canada use flavoured tobacco products. But I’m doubtful that this usage is actually chronic. I don’t normally like using anecdotes to contradict data, but give me the benefit of the doubt this time. I worked as a gas station cashier from Grade 11 until my second year of university. I can say, with the utmost confidence, that for every package of Bullseye cigarillos I sold to the 18–25 demographic, I must have sold 40 packs of Export-A Golds and Canadian Classics.

Chronic users smoke cigarettes, because flavoured cigarillos are

prohibitively expensive, and typically are only bought for special occasions. More often than not, it’s rich white dudes that can afford to drop \$20 on tobacco products weekly who actually are chronic users. Anyone who went to a party in high school, or walked by the “shifty” kids at the “designated smoking area” in high school would have noticed the same thing. Besides that, you could just tax flavoured tobacco even more if you wanted to dissuade underage usage, but that doesn’t have the sexy appeal of an outright ban.

▪ **The government’s position basically amounts to “think of the children” fear-mongering in order to do something popular, like protecting our children, just so politicians can get re-elected.**

As for the charge that they’re “gateway products,” flavoured cigarillos are much stronger than any cigarette you can find, so they aren’t exactly the “lollipops-with-nicotine” the government seems to think they are. What about chewing tobacco? As a survivor of high school in rural Alberta, I can say with confidence that “real men” don’t chew Skoal Cherry. It’s Copenhagen Straight or Snuff, which for the record, are both unflavoured.



SUPPLIED: HEALTH GAUGE FLICKR

The government’s position basically amounts to “think of the children” fear-mongering in order to do something popular like protecting our precious, innocent children, just so politicians can get re-elected.

If the government really cared about “protecting kids” they’d be banning flavoured spirits and most coolers. You can’t OD on Menthol

cigarettes, but alcohol poisoning is a much more prevalent concern, and adolescents tend not to have the best self-control. Heart disease kills tons of people too, and acts as a drain on our healthcare system. Why not apply a “sin tax,” if not outright ban, on unhealthy foods? But that won’t happen because it’s unpopular, and people love their double

cheeseburgers and Venti lattes. Smokers, however, are seen as dirty filthy ingrates who tax our health care system, even though that’s false, so they deserve to be taxed and having their choices limited.

The ban on flavoured tobacco isn’t about protecting kids. It’s about being popular. In other words, it’s politics as usual.



ALUMNI ASKED & ANSWERED

with
Brenda Draney

'02 BA, '06 BFA

Current Occupation:
Artist

What do you miss most about being a U of A student?
I took the best of it with me; there is no need to be sentimental.

Favourite campus memory?
Going for drinks at the Powerplant. This was an important part of my education. There was a surprising amount of discussion about painting, art and music. It was also a bit of an anchor. Many of us stayed on campus and continued to work and were encouraged by our classmates also staying later and working.

What's the one piece of advice you'd give a current U of A student?
Don't smoke.

Best procrastination activity?
Going for coffee.

Favourite course/professor?
Professor and poet E. D. Blodgett taught Comparative Literature. He made such an impact on me, that I would take classes I knew he was teaching. In my last year of my English Literature degree, he urged me towards a studio art practice. He gave me advice I still remember: "As you get older, your life will become more complicated, not less. If you do not try, you risk being irritated with yourself when you are older. And that irritation may never completely go away." This advice has served me well. I just discovered we share a birthday! The honour is mine.

If you got one university do-over, what would it be?
I would spend less time trying to conceal my own lack of knowledge and more time just trying to learn.

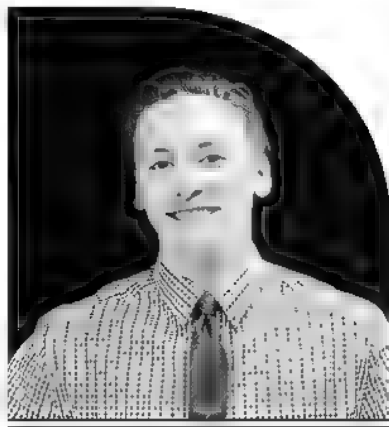
alumni.ualberta.ca/students



POLICE DOGS Dogs, like this one and Quanto, don't have the same capacity to enforce the law like a human police officer. SUPPLIED

Animal cruelty an unfair label for defence against police dogs

Harsher penalties for defending yourself against police dogs an unfair punishment



James Davison
OPINION STAFF

A memorial was held on Oct. 7 to commemorate the death of Edmonton Police service dog, Quanto. The service dog died a year ago in the line of duty, chasing a suspect fleeing from police outside of RCMP headquarters. Quanto's death has opened a national dialogue throughout the past year to determine whether or not those who kill service animals should be handed harsher penalties. But what happened to Quanto shouldn't have come as a surprise to anyone and doling out harsher penalties for actions like this shouldn't be necessary.

Following the highly publicized death, there was an outpouring of public support for the police. Prime Minister Stephen Harper was one of the first to capitalize on the emotionally charged issue, announcing his government would pursue legislation to stiffen penalties for those convicted of killing police dogs. The Edmonton Police Service and RCMP have played into the sensationalism by depicting Quanto as a cute, cuddly furball whose death was nothing but tragic. In reality, police service dogs are extremely aggressive and dangerous tools, which allow police to pursue suspects without putting officers in immediate danger.

If a dog is trained to attack, it will execute that attack until it's told to

do otherwise. It's completely reasonable to expect someone being attacked by a dog to defend themselves. Quanto allegedly bit and latched onto the suspect's arm and hand, and the suspect responded by stabbing the dog repeatedly. This isn't animal cruelty. This is self-defence and an instinctive reaction anyone would have to an animal attack.

I'm sad that Quanto was killed. But I'm sadder that we as a society put Quanto in a position where death or injury was a very likely outcome of his life.

But the dog shouldn't be blamed either for acting too aggressively. After all, a police dog isn't a police officer, any more than a gun is. The dog doesn't exercise the same level of discretion as a police officer; the dog doesn't maintain the same level of composure in high-intensity situations. The dog is just that, a dog. A police officer volunteers to become a public servant, choosing to put his or her life on the line. A police dog, on the other hand, does none of this. These dogs don't choose to put their lives on the line — we make that decision for them.

In 2006, a man fleeing from police was attacked by a police dog. The suspect responded by stabbing, though not killing, the dog, and was

then shot four times by the dog's handler in retaliation. The handler fired a total of seven shots, despite there being no real immediate danger to the handler's safety. It's safe to speculate that the officer was acting more on impulse and emotion than on reason. The past year's treatment of Quanto's death has also been reacted to by many people in an impulsive manner. Instead, we need to look at these situations like this with a great deal more objectivity and caution. Nobody likes to hear about animals dying, with dogs especially, given that 35 per cent of Canadian households have one.

Cruelty towards animals is a sentence that should be reserved for people who intentionally seek to harm animals for satisfaction, or those who neglect to care for them. We need to realize that the value of an animal's life, a life where the sole purpose seems to be to demonstrate ferocity and aggressively track down suspects, really isn't so great that it warrants huge penalties. We need to understand that the principles surrounding this issue are so emotionally charged, that it's easy to pass a quick and unfair judgement on the perpetrators.

I love dogs, and I'm sad that Quanto was killed. But I'm sadder that we as a society put Quanto in a position where death or injury was a very likely outcome of his life. Now we need to evaluate just how significant his death really is, and ask ourselves if it trivializes the sacrifices made by officers in the line of duty.

Edmonton eliminations: YEG bans we'd like to see



**Opinion
Staff**

GROUP COMMENTARY

Cardston, a small and predominantly Mormon town in Alberta recently voted to maintain its 109-year ban of alcohol. Snapped out of our collective drunken stupor from the shock that such a town could actually exist, *The Gateway* decided to ponder what bizarre things we'd like to see banned from our own city..

Kate Black

The first thing I can remember learning in school is that you should cough and sneeze into your elbow, not your hands. I learned this on the first day of Kindergarten and it saddens me to realize that many adults still haven't caught on.

The City of Edmonton needs to banish people who cough and sneeze into their hands — or, at least ticket those nasty heathens. Lord knows they could make more money by fining cough-covering offenders than parking violators anyway.

Almost every day, I see people violently expel the contents of their sinuses into their damp, sweaty palm, then firmly grasp the LRT pole, or public computer keyboard, or their boyfriend/girlfriend's hand. I vomit a little in my mouth every single time. Like, I'm not even a germaphobe. I'm just deeply concerned about the poor manners and hygiene of others.

If Don Iveson really cared about the people of Edmonton, he would ban this misdemeanour immediately. Wake up sheeple: it's Ebola season.

Don't stress out too much if you're just realizing now that coughing into your hands is literally the most horrific thing you can do in the 21st

century. You should just be mildly ashamed with yourself that you've been living your sorry life this way for this long.

Kevin Schenk

With all the trouble in the world these days, it's easy to overlook the real issues facing us at home. I don't mean in Edmonton; no, I'm talking about the issues literally in our own homes. Just last night, I tried to open a packet of sweet and sour sauce only to discover that it didn't have a perforated edge.

The scissors were a whole two meters away, tucked snug into a drawer, so I chose not to disturb them. Instead, I ripped the packet open. Or tried to, anyways; the package wouldn't give. The plastic stretched, but didn't want to snap. Whoever designed this thing clearly didn't want soy sauce falling into the wrong hands.

I finally got some scissors and cut off a corner. But now the scissors were full of sauce and have you ever tried washing scissors? Not fun. My evening was ruined before it even began. It's time Edmonton puts a stop to this nonsense. It's time to take action. It's time to ban unperforated sauce packets.

Shannon Kovalsky

Normally I'm not comfortable sharing my opinions on something so controversial, but I have to say it: lines are actually bad.

My whole life feels like a series of moments waiting in lines. Like the time I waited in line at Disney World, countless grocery store trips or for the bathroom after an Oilers game. Sure, without lines our society would devolve into complete anarchy, so I guess I don't want to ban them outright.

But I do want to ban the oblivious space-hoggers who are apparently unfamiliar with "leaving room for

Jesus."

Seinfeld had a whole episode dedicated to the close talker, but I want to take a moment to familiarize you with the close stander. From the outside, they look like any other person. You won't know you're in their presence until they insist on standing less than a foot away from you and by then it's too late.

Obviously you can't tell them to back off, you don't want to be made to look like the crazy one. The only option is to take another step away from them, which, of course, they will take as a cue that the line is moving, and take another step toward you. As if taking that step closer will allow them to pay faster.

These people are an affront to respecters of personal space everywhere and if I ever find myself in the position to pass bans, they are the first on my list.

Andrew Jeffrey

"Hello, what's new? How's the weather? What do you do, are you in school?"

Remember these words for they will mark the downfall of society. Small talk is a wrecking ball that will demolish all hope and decency in human life as our civilization crumbles into anarchy. To prevent that from happening, we should ban it from all future conversations.

This may seem like an exaggeration, but that's only because you've been lulled into a daze of apathy and laziness by regular bouts of small talk with people you don't really care about. It's impossible to really be motivated to do anything in this world when everywhere you turn, that one guy you talked to in class once wants to know what your major is and when you think you're graduating.

Imagine how much more you could accomplish if all the time you spent idly talking about how much you hate this snow was put

towards something productive. A growing city like Edmonton could use that productivity, which is why malicious acts of small talk perpetrated against unwitting bystanders should be punished.

Police officers will monitor public areas, listening in on conversations and arresting those who are callous enough to ask a relative stranger how they're doing today. A hotline could even be set up so anytime an innocent citizen feels unsafe upon being approached with mindless small talk, they can quickly call in police action.

Such a ban should be enforced right away. The stakes are too high to wait much longer. Something has to be done before even one more person tells me how nice this October weather has been. Please. Help.

Kieran Chrysler

"Dodge the father, Ram the daughter." "If you're gonna ride my ass, at least pull my hair." "Baby on board."

Calvin peeing, truck balls and sticker families. If you have any of these accessories on your car or truck, you're a douche and you should be banned from Edmonton for life.

What do these add to your vehicle, anyway? Nothing. If anything, they're a dangerous driving distraction. You're are distracting other drivers with their douchebaggery every time someone pulls up behind a pair of your swinging truck balls.

Also, what does having a sexy pun, a sticker demonstrating the size of your family or some truck balls on your hitch add to your driving experience? Nothing. You aren't adding anything of value to your vehicle. If anything, you're further decreasing the value on one of your most expensive assets. Why do you want to lose more money on an asset that constantly depreciates as soon as you take it off the lot?

Your attempt to be original in a sea

of Pontiacs and Fords is stupid, and you're stupid. Get out of my town.

Adam Pinkoski

Varsity sports at the University of Alberta should be banned from Edmonton. The purpose of varsity sports is to provide an environment for elite athletes to ply their trade while the student body are given another medium to engage in university events. Both components contribute positively to the university experience if done right.

However, the U of A is sorely missing the latter. The Athletic Director has said in the past that the U of A doesn't care about fans, but if the majority of the campus community isn't engaged, it's a very one-way street. Every student sees a portion of their tuition go towards athletics, but sees very little in return. Sure, the fee for students was just waived from all varsity games, but besides hockey and volleyball, the quality of our school's varsity sports isn't high enough to justify its continued existence.

The University of Alberta Golden Bears and Pandas is the most successful sports program in Canadian varsity history, but their mandate is in the wrong place. Even the MacEwan Griffins, Concordia Thunder and Nait Ooks need to disappear. On the topic of quality, MacEwan would gladly welcome the ban after being moved up into the CIS. Meanwhile, NAIT and Concordia could use the money pumped into their athletics programs on helping develop their already underfunded schools.

Andrea Ross

I would ban hypothetical questions, because, seriously, this shit is pointless. Why waste time time asking a question unless you actually want a solid answer? Imagine where we'd all be if we didn't waste time asking redundant, hypothetical questions?

#3LF

three lines free

Got something that you need to get off your mind? Either email us at threelinesfree@gateway.ualberta.ca, tweet @threelinesfree or message us at www.gtwy.ca/threelinesfree

Can't believe there's a topic that's eclipsed day-to-day Kardashian brunch reviews. "Ermagerd, Ebola, we're all gonna die!" The quantity of narrow minded people in the world is incredible.
great!!!!!!!!!!!!!!
/r/nocontext
/r/AndrewJeffrey
Time flies like an arrow. Fruit flies like a banana.
I'm So Meta, Even This Acronym
Roses are Red
Violets are Blue
Kate is hot
and Andrea is too
Anytime one of my tinder matches has a mutual friend, I look them up on facebook. If I really like them, I'll try and find out as much personal information about them as I can. Call me creepy, but this has become almost a sport for me.
Haiku haik
Haiku haiku haik
Haiku haik
I can't believe I just now found out about the pedway between ESB and CCIS.
Radio plays Dinosaur Rock Mornings at L'Express
It's like being in my grandparents basement rec room eating hard candies!

Eric ate all my Dunk-a-roos
HULLO
Jeffathon V: #TooBigToFail
Getting Thanksgiving's turnt, as the pilgrims would have wanted
As a dewey's customer, I love watching my beer get warm on the counter, whilst being snapped at by a manager that "there are all these people in front of you." The school of Business must be very proud.
"I dated a guy in engineering and...."
I hear this at least every other day
What kind of market is ELTC?
Not great. Lots of 6s.
Didn't know Richard was a Taurus
Happy Columbus Day, Back-to-Back World War Champs
There's one thing money can't buy, and that's a PERSONALITY.
Honestly, I don't care about anything else.
Just because I don't sit with you guys one meeting, doesn't mean I don't like you. I just don't want to limit myself to one clique. Plus, you guys are so whiny and annoying.
While we are essentially paying for our Professors rent, the teaching quality is no different from high school, or perhaps even much less since we're in a class of 300 students and the professor doesn't even speak English.

Butts
Is anybody else getting annoyed with the constant over-bearing emails from the professor in English 350? Or the fact that we had to read an entire book for one class discussion? FML
Every time you misuse statistics or misrepresent an issue, your cause loses credibility.
YEAH!
The horoscopes were funny, but they don't make up for no cross-word.
There is a fine line between not listening and not caring. I like to think I walk that line every day of my life.
Kotatsu, kotatsu, kotatsu. I really really want a kotatsu. Where can I buy a kotatsu? Why are kotatsu so expensive...
Sang! Sang! ooh-ga-ka-tang!
I never know if I can trust RateMyProfessor. Some students are nothing like me.
To the couple screwing beside the vending machines in SUB: I didn't get my candybar because of you. I hope you're happy.
Sorry will, you're kind of a cunt now, to the point of it being a problem.
Bastard Tetris:
Like Regular Tetris, but gives you the worst possible piece every time.

the burlap sack

by Andrew Jeffrey

Amidst a sea of overpriced Aramark food disgustingly peddled to unwitting students, unable to act against the rising costs that are taking a toll on their dwindling bank accounts, an oasis of affordability seemingly appeared, last Thursday.
As if it was an answer to U of A students' desperate prayers, the Undergraduate Association of Computing Science offered their annual Buck-a-Burger promotion. The \$1 burger deal likely brought tears to the eyes of cash-strapped students across campus from ECHA to the Telus Centre. As one of those students, I ran from my class as quickly as I could to wait for my own buck-a-burger, regardless of the seemingly long line that had formed.
But, alas, nothing really ever is as good as it seems. Sure, the burgers were cheap, but with just two BBQs and multiple charred burgers that had to be scraped away and thrown out, the wait for these burgers took more than an hour.
Except this isn't a burlap sack attacking the organizers of what really is such a wonderful gift to students. Instead, this is a criticism of the series of decisions and life choices I've made that have

brought me to a point where I will wait in line for a decent burger just because it cost \$1, when I could have just ordered a McDouble for a few cents more. Standing in line for an hour leaves a lot of time for self-examination. Too much time.
It seems that four years of overpriced lunches have humbled me to the point that my own time is worth less than \$1 per hour to even myself. Walking away from their BBQ, wiping the tears from my eyes, I realized that I had implied to myself that I had literally nothing better to do for an entire hour than stand in line for what was itself only a halfway decent burger. I'd maybe choose to wait an hour for Burger Baron. But, alas, Burger Baron this was not.
I could have done so much more with that hour. I could have accomplished so much studying, work or even found a better-paying job so I can afford burgers that are worth even \$2. I could have been so much more. Instead, I settled for being some schmuck stuck in a seemingly never-ending line in this life leading to mediocre burgers, a minute of satisfaction and nothing else but regret.
The Burlap Sack is a semi-regular feature where a person or group who needs to be put in a sack and beaten is ridiculed in print. No sack beatings are actually administered.



NIGHT SHIFT

Words and photos by Kate Black • Layout by Jessica Hong

It's 10:50 p.m. on the University of Alberta campus. Sleepy students are shrugging on their backpacks and zombie-walking back to their buses, while a dedicated few remain zoned in on the hypnotizing glow of their laptop screens. But in a room tucked away in the basement of the Agriculture/Forestry building, a new day is just beginning.

"IT'S A WHOLE DIFFERENT BALL GAME AT NIGHT."



Ladies' laughter and the aroma of fresh-brewed coffee spill out of the Area B cleaning staff's lounge. Small talk about grandchildren, doctor's appointments and the weather percolates as the staff don their fleece Operations and Maintenance jackets. One woman passes out homemade coffee cake. Another sits in the back corner of the lounge, idly flipping through a Metro.

The staff perk their attention to the door when Penny Milligan, the night shift supervisor for Area B, emerges from her office into the lounge. Milligan quickly debriefs the workers on tonight's tasks, turns on her radio, and wishes them good luck.

And with that, the night shift begins. At 11 p.m., nearly 300 cleaners erupt from their meeting places to their respective buildings — together, they will cover nearly 12,652,000 square feet of space on campus in a night.

Milligan's silhouette snakes in and out of the eerie orange haze of the Quad streetlights as she walks towards the South Academic Building. The autumn breeze nips at her skin, and she pulls her fleece further over her wrists.

"It's a whole different ball game at night. There's nobody around. It's really quiet," she says. "It's really a strange shift, that's for sure."

Her footsteps echo against the concrete, only to be swallowed by the massive silence wallowing over the Quad.

Shylaja, who chose to withhold her last name, is Milligan's "lead hand" on the shift, which entrusts her with the role of cleaning SAB floors, including the Office of the President's quarters. But, she's starting her shift cleaning her least favourite place — the bathrooms.

With no windows in the hallway, SAB feels like a purgatorial daytime. The fluorescent glow beating down on the linoleum creates the illusion that maybe it isn't so late out, despite the time on the clock.

When Shylaja wraps up her shift at 7 a.m., she'll head over to work at a childcare centre by Lister Hall for a couple of hours. It makes for a long work day, but for her, it's worth it.

"That's my passion. I love to work with kids." Her voice trails off under the drumming of the faucet streaming water into the bucket. She smiles.

Shylaja left Grant MacEwan University one year short of finishing the Early Learning and Child Care program. With English as a Second Language, it was difficult for her to keep up with her studies, she says.

She's been cleaning at the U of A for 17 years, and working with children for the past 23.

"It's a job. I have three kids, a family to support," she says. "When you have a family to support, it's a survival."

But she's content cleaning. Night shifts go by faster than day shifts, she says, dipping her hand into a chemical swirl and gently ringing out a cloth.

Across Quad, Borka Hadzic is training a new worker in the SUB Bookstore. This isn't her regular haunt, because she's usually stationed in SAB. She's been on the night shift at the U of A for 30 years, and has been full-time for 20 years.

After showing her trainee around the back end of the store, Hadzic snaps lavender latex gloves and sets off to empty the garbage bins in the bottom floor of the Bookstore.

She squints through shimmery blue eyeliner at the stray pieces of trash on the floor. Used Kleenexes and granola bar wrappers seem gradually more substantial as Hadzic bends over to pick each one up herself.

As she thrusts a bag of garbage out of its bin, she reflects on how her job has changed over the years.

"It's not too, too bad. The only bad thing is that it's the night shift. Sometimes you don't get enough sleep," she says.

She says that while she has never had issues with students, it's easy for people, especially management, to pick up on places that she missed, without recognizing the amount of effort that she puts into each shift.

"I can just come and go. There's no appreciation," she says.

Milligan says the management side, though, is taking steps to recognize the night staff.

"I know for a fact that our management team has a tremendous amount of respect for the job that we do," she wrote later in an email.

The Office of the President hosts a recognition dinner for the afternoon and night shift workers every year, she says. As well, the trades workers with U of A Facilities and Operations hosts an annual BBQ for the cleaning staff, in addition to an

awards breakfast for staff that have perfect or near-perfect attention.

But Milligan admits the job certainly isn't without its challenges — especially the toll it takes on its workers' bodies. More than half of her 20-person staff have been working at the U of A for at least 20 years and, sometimes, staff members will have to take a couple months off at a time to be able to recover from their ailments.

"We have an aging workforce. These ladies have been doing their jobs for 30 years. Your age catches up with you. There's cataracts, there's carpal tunnel, injuries that need attention," she explains.

And the management of the cleaning staff is only continuing to change. Milligan says the university is contracting out an increasing number of Bee-Clean Building Maintenance cleaners instead of hiring more internal cleaning staff. (The Edmonton Clinic Health Academy building is now entirely maintained by Bee-Clean staff, she says).

But Milligan says she believes the internal staff, like her Area B team, are irreplaceable in terms of their dedication to the university.

"I think that's really the way it's going," she says. "But I think they'll always keep a core (university staff) for the higher-level labs and that sort of thing, like chemistry. They want someone to be a little bit more committed, engaged to their positions."

The employees here feel like they're a part of the team, part of the university, so they have more interest in the property."

The quiet corners of the Bookstore would feel lonely to anyone who's used to the store busy and teeming with students. Hadzic, however, finds solace in the room's silence. Her favourite part about the job is the solitude, after all.

"It's very peaceful."

As the morning light streams onto the campus, the cleaning staff will put their supplies back in their respective closets and return home to nod off as the sun rises. The day will continue as per usual, almost as if they were never here.

But soon enough, they'll emerge from the shadows again, cleaning up behind the students they've never seen.

Arts & Culture

social intercourse

COMPILED BY Maggie Schmitt

Late Night Wednesdays: 5x5 Videos

Art Gallery of Alberta (2 Sir Winston Churchill Square)
Wednesday, Oct. 15 at 6 p.m.
\$15

Have you ever wanted to star in a movie? Are you a fan of five-second-long films? The AGA is hosting another night full of art and entertainment with 5x5 videos. With cameras and art supplies provided by the gallery, kick back with your friends and put together a movie of five five-second scenes. Zinc is providing cocktails inspired by Toulouse de Lautrec, the featured exhibition at the museum. \$5.50 scores you both a cocktail and an appetizer, so it's an affordable way to experience and create art with your friends.

The Provincial Archive

With Doug Hoyer and Boreal Sons
Royal Alberta Museum (12845 102 Avenue)
Friday, Oct. 17 at 7 p.m.
\$15

With a line-up that includes rising stars The Provincial Archive, Edmonton's sweetheart Doug Hoyer, and Calgary dreamboats Boreal Sons, this is a show that is definitely impossible to miss. It's a double-release extravaganza with Doug Hoyer's band releasing a new EP and The Provincial Archive releasing their highly anticipated album, *It's All Shaken Wonder*. If you want to see two of the best acts that Edmonton has to offer play in one of the city's most beautiful venues, then you definitely need to be at this show. Tickets are available online or at Blackbyrd Myoozik on Whyte, and will most likely sell out.

Elvis Evolution

Century Casino (13103 Fort Road)
Saturday, Oct. 18 at 7 p.m.
\$35

The King is back! At the very least, his essence is being channeled by internationally award-winning impersonator Adam Fitzpatrick. This show is great if you've ever wanted the opportunity to experience all of the sparkling jumpsuits and suggestively swaying hip gyrations in the glitz and glamour of a casino. It's the closest you'll ever get to being a part of the glory years in Las Vegas. So wear your finest, bring your grandma to swoon over her childhood heartthrob and enjoy the show.

Empress Comedy Night

Empress Ale House (9912 82 Avenue)
Sunday, Oct. 19 at 8:30 p.m.
Free

It was heartbreaking when Filthy McNasty's had to cancel their comedy night in the summer, but luckily Empress Ale House has opened its doors to the city's finest. And now, every Sunday, you can catch a handful of local comedians while taking in the welcoming atmosphere of the venue that was voted to be *Vue Weekly's* "Best Bar To Drink Alone In." There are so many comedy clubs in Edmonton, and Empress has quickly proven to be one of the most consistently funny, well-run comedy nights in the city. Support Edmonton comedians by grabbing a beer and showing up.



MELISSA WEBSTER

Indiana Jones exhibit whips up archaeology

EVENT PREVIEW

Indiana Jones and the Adventure of Archaeology exhibit

WHEN ▶ Runs until Monday, April 6
WHERE ▶ Telus World of Science (11211 142 Street)
HOW MUCH ▶ \$23.50 for students at Telus World of Science box office

Michael Vecchio

ARTS & CULTURE STAFF ■ MICHAELVECCHIO2

Unfurl your whips and dust off your fedoras, for Indiana Jones has finally returned. The legendary archaeologist, who is perhaps better known than his non-fictional archaeology contemporaries, has made the Telus World of Science his newest excavation site with the arrival of *Indiana Jones and the Adventure of Archaeology*, a touring exhibition that aims to put the spotlight on the wonders of archaeology.

While the popular hero lends his name to the exhibit, it contains much more than just movie props. Boasting an impressive collection of priceless real-world artifacts from all across the globe, *Indiana Jones and the Adventure of Archaeology* brings visitors through nearly 7,000 years of civilization. And, this is all done while simultaneously entertaining with nostalgia for the films

with considerable props and costumes.

For Alan Nursall, President and CEO of the Telus World of Science, Edmontonians are in for an exciting archeological experience.

"In this exhibition you see real archaeology in action. We have gold jewellery that is millennia old, a clay Mesopotamian map that is 3,500 years old and Egyptian papyrus hieroglyphics, among others," he says.

And if the ancient displays (all on loan from the University of Pennsylvania Museum) aren't enough to leave an impression, surely the original costumes and props used in all four Indiana Jones films will satisfy guests. Straight from Lucasfilm's Archives, objects like the Ark of the Covenant, the Holy Grail, and the Crystal Skull serve to highlight each film individually. But what is it about Indiana Jones the character that has endeared him to millions?

"He's the ultimate adventurer, you can identify with him because he's good and noble and about knowledge and learning, but he's pretty badass. You'd want to go for a beer with this guy," Nursall says.

Indiana Jones has become one of the most recognizable, profitable and popular symbols of Hollywood since he first appeared in 1981, says co-curator of the exhibit and archaeologist with the National Geographic Society, Fredrik Hiebert. The character and franchise has also had a considerable influence on real archaeology, he says. Donning a trademark Jones fedora, he explains with a smile that while Jones isn't exactly like real archaeologists, he has

shed a very positive light on the discipline of archaeology.

"Sometimes we (archaeologists) laugh at the films, but we always think that it may have inspired a generation of kids who might not have ever opened a history book, who might not naturally go to a museum, who might not think that archaeology could be the coolest thing," he says. "When I first taught introductory archaeology, 90 out of 100 students would raise their hands and say 'I came here because of Indiana Jones.'"

Certainly many can admit that they first thought of archaeology as a legitimate field of study through the films, but Hiebert is grateful and honoured to have his life's work appreciated and associated with such an iconic figure.

"We're often thought of as a very dusty profession, and he's made it really exciting," Hiebert says, chuckling.

With *the Adventure of Archaeology* attendees can expect a total film and archaeological experience. With its combination of genuine artifacts and the beloved set pieces from the films, it's an exhibition that has something for both ultimate Indiana Jones fans and people simply interested in movies and ancient history.

"You'd have to walk through the entire British Museum to see something like this!" says Hiebert.

But unlike Indiana Jones, visitors won't have to dodge snakes and rolling boulders to marvel in the treasures around them.





KIERAN CHRYSLER

Battle Royale: Best fries on campus



Arts & Culture
Staff
GROUP COMMENTARY

Since we at *The Gateway* are constantly on campus, we're always looking for greasy food to put in our mouth-holes. French fries are always a fast and easy food to pick up, but where are the best ones?

While this list is in no way comprehensive, these are outlets that are open latest, have speedy service and are "student-priced."

Reviewers:
Jennifer Robinson
Oumar Salifou
Parker Ali
Kieran Chrysler

Opa ! (SUB)
Average Score: 4/5

They have good spice, but they feel like cold hot dogs. They're too limp. The tzatziki included though is a definite perk. **-JR**

The spices are nice, but they should be crispier. But the tzatziki makes it seem like they care about us. **-OS**

I like the sauce and the seasoning, but they should be more firm. There is the perfect amount of potato peel on the fries. You don't have a full edge. It's just accents of peel. **-PA**

I've had them when they're better,

this time they're too soft. I love the spices with the sauce though. **-KC**

Marcos Donair (SUB)
Average Score: 2.8/5

These are too crispy. They feel like they were in the deep fryer for way too long. They aren't spicy enough for the texture. They're perfect drunk fries. **-JR**

The spices are a lie. You see the spices, but you can't taste them. They're medium crispy but when you start chewing they get chewy. **-OS**

They're really crispy, but they're till too greasy. I can see the spices but I can't taste it. The crispiness fails to permeate the outer layer of the fry. The consistency belongs to a curly fry. **-PA**

I think they would be good poutine fries. I know they're supposed to be softer when they're poutined, but these would keep it from being mushy. It would give it a lot of texture too. By themselves they're meh though. **-KC**

New York Fries (HUB)
Average Score: 3.75/5

They taste homemade. It's like you held them beside the ocean and they got the tiniest inkling of sea salt. **-JR**

They have a really different taste in the sense that you can taste the potato. A lot of crispy edges, but

they don't influence the inside fry texture. I found myself when I had these fries. **-OS**

I like the hard edges. When I chew it it's like I'm putting a rectangular prism in my mouth. I like that feeling. **-PA**

You can actually taste the potato flavour. They aren't bothering with spices. But I think they make their fries to have stuff put on them **-KC**

A&W (HUB)
Average Score: 1.8/5

They're just so meh. If mediocre had a fry, it would be this fry. They're like the Sandra Bullock of fries. They're not bad, but they're not good. **-JR**

The potato overpowers everything. The crispiness isn't handed to you, you have to find it. It's like a potato journey. That ends in mediocrity. **-OS**

Though we have no delusions about all these fries being machine cut, this fact is all too clear with this contender. The potato skin has such a layer of oil over it, but I can't taste it, which is disappointing. **-PA**

The crispy outside cushions the soft, pillowy potato inside. The texture is amazing. But if you chew them slowly, then you get a vague taste of old-deep fryer. Like they've definitely cooked fish in that deep fryer. **-KC**



fashion streeters

COMPILED & PHOTOGRAPHED BY Alana Willerton



Anna Lim
SCIENCE III

GATEWAY: Describe what you're wearing.
ANNA: The shoes are TOMS. I got them for myself last Christmas. This jacket is from Korea. It's from my mom. (My shirt) is from American Eagle. I bought it in California when I went there for vacation, and the pants are from there as well.

GATEWAY: What's your favourite thing you have on?
ANNA: Definitely my shoes. They go with everything. My coat does as well, but I like the shoes because I'm short, but they boost me up.





Take part in over 50 events, tours, discussions, workshops and more.
Discover issues that matter to you! Get involved and make a positive difference.

Monday, October 20	Tuesday, October 21	Wednesday, October 22	Thursday, October 23	Friday, October 24
Sustainable Food Days, Lister Market, 11am to 8pm				
Veggie Days, EuroMarket - Education Building, 11am to 3pm				
Local Food Days, Engrained Cafe - 2nd floor ECHA, 11am to 3pm				
Energy Club - Field Trip to the Strathcona Energy Centre Meet at Stadium Parkade 8am to 2pm	★ Sustainability Fair SUB 10am to 3pm		Sustainability Fair ECHA 10am to 3pm	Fair Trade Friday ETLC Atrium (2nd Floor), 9am to 3pm
Fruit Stand ECHA 9am to 3pm		Tour: UAlberta District Energy System Meet at Cooling Plant on Campus 10am to 11am	★ Electronics Roundup Surface parking lot, south of the Jubilee Auditorium 8am to 4pm	Royal Alberta Museum Self-Guided Tour Meet at the Office of Sustainability 10am to Noon
SAW 2014 Kick Off Event Main Quad 11:30am to 2pm	We Get Around – Sustainable Vehicles at the U, with Fair Trade Coffee Celebration Plaza 9am to 3pm	SAW Clothing Swap TBA 10am to 4pm	UAlberta Farmer's Market Main Floor SUB 10am to 2pm	★ Sustainability Campus Tour Main Floor, Admin Building Noon to 1pm
Sustainability Speaker Showcase - Corporate Social Responsibility BUS 4-06 Noon to 1:30pm	★ Achieving an Effective Relationship Between Human Rights, Equity and Sustainability ECHA 1-131 10am to 11:30am	★ Sustainability Campus Tour Main Floor, Admin Building Noon to 1pm	★ Green Building Crawl CCIS South Patio 11am to 12:20pm	★ Net Zero Home Tour Meet at the Office of Sustainability 2pm to 4pm
A Nature Stroll Meet in the Tory-Business Atrium 2pm to 3pm	★ Lister Hall Students' Association Photo Booth SUB 10am to 3pm	★ Edmonton Waste Management Centre Tour Meet at the Office of Sustainability Noon to 4pm	★ From Ivory Tower to Marketplace: Commercializing your research TBA 11am to 12:30pm	Transforming International Experience to Local Entrepreneurship: How international students are leaving their mark in Edmonton eHUB Office (9013 HUB Mall) 3pm to 4:30pm
Developing your idea muscle: How to develop your entrepreneurial idea CCIS 1-031, (Career Centre) 2pm to 4pm	Campus Tree Tour Celebration Plaza 11am to 12:20pm	★ Meet the Author of Sustainability: A History CAB 235 1pm to 2:30 pm	Academia and Innovation... are you the next Steve Jobs? TBA 11am to 1:30pm	★ Sustainable Startups Career Forum SUB 2-100 5pm to 7pm
Free Bike Checks & Open House SAB 1-13 3pm to 6pm	Future of Urban Transportation ECHA 1-182 Noon to 1pm	★ Keeping Up With the Grants Telus Centre Atrium 5pm to 7pm	★ Introduction to the Living Building Challenge ECHA L1-140 1pm to 2:15pm	<div>Thursday evening events:</div> <div>Bicycle Maintenance Workshop SAB 1-13 4pm to 7pm</div> <div>DamNation - Film Screening ECHA 2-420 6pm to 8pm</div> <div>An Introduction to the Oil Sands' Impact - The Oilsands Student Delegation Primer CAB 265 6pm to 8:30pm</div> <div>Beyond the Borders: UAlberta Dinosaur Research Outside of Canada U of A Museums Enterprise Square Galleries (10230 Jasper Ave) 7pm to 8pm</div>
Trans Meetup Night The Landing, (0-68A Lower Level SUB) 4pm to 7pm	Leduc #1 Energy & Discovery Centre Tour Meet at the Office of Sustainability 12:30pm to 4pm	★ Inglorious Waste ETLC, Colt Design Lab (E2-009) 5:15pm to 6:30pm	★ Art Gallery of Alberta Building & Exhibition Tour Meet at the Office of Sustainability 2pm to 4:30pm	
<div>Awareness</div> <div>Discussion</div> <div>Food</div> <div>Speaker</div> <div>Tour</div> <div>Workshop</div> <div>★ Registration Required</div>	Certificate in Sustainability Information Session CAB 243 3:30pm to 4:15pm	★ Green Drinks: Campus Meets Community Dewey's Restaurant 7pm to 10pm	★ Transforming Ideas Into Startups, a Startup U exclusive SUB 2-100 2pm to 5pm	
	Sustainable Cooking Class International Centre (172 – 9101 HUB Mall) 5:30pm to 8pm		SUSTAINexchange TBA 2pm to 3:30pm	
	Film: Blueberry Soup - Citizen Empowerment in Iceland CCIS 1-430 7pm to 9:30pm			
	★ Starry Nights - Explore UAlberta's Observatory Observatory, 5th floor CCIS 8pm to 9pm			



SUPPLIED BY WARNER BROS. PICTURES

The Judge can't deliver

FILM REVIEW

The Judge

WRITTEN BY > Nick Schenk, Bill Dubuque, David Dobkin
DIRECTED BY > David Dobkin
STARRING > Robert Downey Jr., Robert Duvall, Vera Farmiga
Now Playing

Mitchell Sorenson
ARTS & CULTURE WRITER ■ @SONOFAMITCH71

When you see the acting talents of Robert Downey Jr. and Robert Duvall combined on a single poster, you expect greatness. Instead, *The Judge* presents its viewers with an effort at checking every single box it can to get into the good books of the Academy. Estranged father-son relationship? Check. Smattering of legal drama? Check. Death, love, family strife and moral gray areas? Check, check, check and check. Message? Nowhere to be found.

The Judge is a missed opportunity, a great cast hampered by a script and production that are hell bent on throwing every archetype in the filmmaking book at the audience to see what sticks.

Let us begin with the cast, star studded as it is. In essence, Downey Jr. plays a cheap, Tony Stark knockoff of a lawyer (Hank Palmer) who travels home to small-town Indiana for his mother's funeral. Robert Duvall's titular Judge Joseph Palmer (Downey Jr.'s estranged father) has sat on the bench in said small town for 42 years. When a man he put in jail winds up dead in a ditch with his DNA buried in the judge's Cadillac, Hank has no choice but to stay and defend his father. The rest of the film is a smorgasbord of rekindled relationships, overly sappy dialogue and plot devices so mundane that one needs only watch the first few minutes to make a rather accurate guess at the rest of the story. Viewers find themselves waiting for twists and nuance that never arrive, the plot does little to make its audience think during its seemingly interminable two-hour, 21-minute runtime.

When a cast like that of *The Judge* is assembled, they are held to a high standard by their viewer. What's imparted through the screen, however, is entirely mediocre. Hank is a rather poor facsimile of Downey Jr.'s Tony Stark, and though you might hold out hope for the judge, an utter lack of subtlety and development in the script doesn't give Duvall a chance to make his character memorable. Though

obviously written primarily for Duvall and Downey Jr., the script fails their characters, as well as nearly all the others. Vera Farmiga portrays Downey's ex-high school sweetheart, by all accounts an independent businesswoman who, you guessed it, falls for Hank straight away after his arrival. The lone bright spot in the archetypal grocery list of characters is Hank's older brother Glen, played by Vincent D'Onofrio. A once-promising baseball player, any hope of making it out of small-town Indiana was dashed when he injured his hand in a car accident piloted by an impaired Hank. Still, his performance is hampered, like the rest of the cast, by a cookie-cutter script with little room for its players to do their best work.

Poor direction is further apparent in the film itself. An ever-present pastel palette and nonsensical overuse of soft-focus are compounded with the horrific score direction to create a film which clearly hasn't a clue what it's trying to be. I have no idea what inspired the constant use of a backing orchestra in each and every scene in the film — perhaps the director's lack of faith in his script or simple, sloppy production. Then again, perhaps it is too much to expect the creative genius behind such think pieces as *Wedding Crashers* and *The Change Up* to utilize subtlety or, god forbid, silence in any of his scenes. The film is a sensory overload which leaves its viewers unsure how to think of it, and the blame for this lies with the directing and production teams.

The entire film is a mass of confused messages and archetypal characters. The hot-shot lawyer, the estranged father, the brothers stuck in the small town, the ex-girlfriend who goes right back to the man who abandoned her — the list goes on and on. And when the actors aren't pulling from a bank of forced humour and un-intelligent dialogue, they leave the viewer wondering what the film is trying to be. A legal drama wrapped up in a family saga and drizzled with romance is what the audience is presented with, but none of these elements ever take centre stage; this hampers the overall poignance and message of the film.

The Judge was a movie that seemed to beg to be enjoyed, and that audiences had been widely anticipating. However, sloppy directing and a script devoid of nuance or originality left viewers disappointed that the skills of such an extraordinary cast were wasted on it.

dat app

WRITTEN BY **Holly Detillieux**

Battle Cats

COST > Free
PLATFORM > iPhone, Android

When you mix cats, world domination and tactical game play you get a highly addictive game that's just as weird as it is challenging. Battle Cats starts players off in Korea with only the basic cat, facing off against a small army of puppies. As players make their way around the globe, enemies soon grow more threatening, becoming much larger animals which all possess unique strengths and weaknesses. You slowly push enemies back, working your way towards the enemy base which must be destroyed to win. A great thing about this game is that it's challenging enough that players cannot

breeze through levels effortlessly. There will be many occasions where players will have to go back and gain the upgrades necessary to complete a newer level. It requires real strategy and planning, which is what makes it worthwhile. Although button mashing is sometimes a perfectly viable strategy, often it takes patience and concentration to win. That win is rewarded with a hefty amount of XP which can be spent on upgrades and new cats. Tank cat, fish cat and axe cat are just a sample of the up to nine "basic" cats that are available. This game does have a purchasable in-game currency, which can be used to buy new varieties of cat but they are completely unnecessary to complete the game. This cat-centric game has a sense of humour about itself. The simple battle system is highly gratifying, making this game extremely hard to put down.

Dat App is a semi-regular feature that highlights the best apps available

the brew crew

WRITTEN BY **Keegan Goetz**

Cutthroat West Coast Ale

Brewery: Tree Brewing Co.

Available at: Sherbrooke Liquor Store (11819 St. Albert Trail)

Tree Brewing Co. has crafted a fun beer in the Cutthroat West Coast Ale. This WCA combines five different types of hops and five different types of malt to build a friendly India Pale Ale-like experience. To the nose you get a floral, spicy, almost-herbal smell that is common to everyone's recycling bin, which does very little to hamper the drinking experience. It pours a nice amber colour with about a half a finger of head to top the glass. There is a noticeable amount of carbonation which makes jumping into this drink all that much more exciting, but you won't miss anything by enjoying this beverage in its brand-stamped bottle. What it loses in presentation, it makes up in flavour. This is a

spunky drink that hits your tongue with a lot of excitement. You get distinct flavour from each of the five different types of hops (perle, centennial, golding, cascade and columbus for all you hop heads), combining to give this drink an almost tangy bitter that is great for a late-lunch beverage. It has an herbal flavouring with citrus tones that really resembles what I would think of if you took a light, summery brew and added an IPA flair. This has a medium body neither resembling your grandfather's stout, or your frat bro's Budweiser, which really lends to an exciting drinking experience. For a preemptive drink before going out on the town or pairing this drink with a seafood meal, Kelowna-based Tree Brewing Co. has a winner on their hands. With midterms in full swing and the chilling weather ramping up, it's time to appreciate the little victories before Edmonton is painted in sand, snow and sadness. If you like a hoppy drink, but are not quite in the mood for one that will punch you in the face, then the Cutthroat West Coast Ale will treat you like the beautiful flower that you want to be, not the one that is dead in your flower pots.

ALBUM REVIEW

Frazey Ford
Indian Ocean
Netwerk Records
<http://www.frazeyford.com/>

Maggie Schmidt
ARTS & CULTURE WRITER

After four years, Frazey Ford is back with her sophomore album, *Indian Ocean*. With a new album comes a new sound for Ford. The banjos of *Obadiah* (2010) have been replaced by a small group of brass horns. Luckily, Ford's enchanting voice has not changed, and *Indian Ocean* is another fantastic display of her talent. "September Fields" is the album's first single, which opens *Indian Ocean* with a light beat that fuses influences from folk, country and pop music. It's a catchy song, with powerful vibrato and swanky brass, yet it seems out of place on an Americana album due largely to the pop-influenced guitar. This is immediately contrasted by "Runnin'," which utilizes horns, organ, and an R&B beat to create a soul ballad. "Done" seems to achieve what missed by "September Fields." It is a sassy and upbeat take on traditional Americana music. It is arguably the best track on the album, with

the perfect balance of vocals, horns, and guitar. Like most albums that channel Americana and soul, there are a handful of songs that are ideal for romantic encounters. "You Got Religion" and "Season After Season" keep a funky and soulful beat, making them some of the most sensual songs on *Indian Ocean*. "Weather Patterns" plays Ford's voice against a chorus of horns, which creates a complex wall of sound. "Indian Ocean," after which the album gets its name, maintains its simplicity without seeming too repetitive. For both old and new Frazey Ford listeners, *Indian Ocean* stands out as a textbook example for a solid Americana album. Each song remains simple yet beautiful, and is the perfect addition for anybody looking for swanky brass instrumentals.



Edmonton
Senior Youth Orchestra

Saturday, October 18th
at 12 noon

Convocation Hall
Old Arts Bldg. University of Alberta
CONDUCTOR: MICHAEL MASSEY

Canzon Quarti Toni | Gabrieli
Andante from Serenade for strings | Elgar
A Musical Snuffbox | Liadov
La Procesion del Rocio | Turina
Short Ride in a fast machine | Adams

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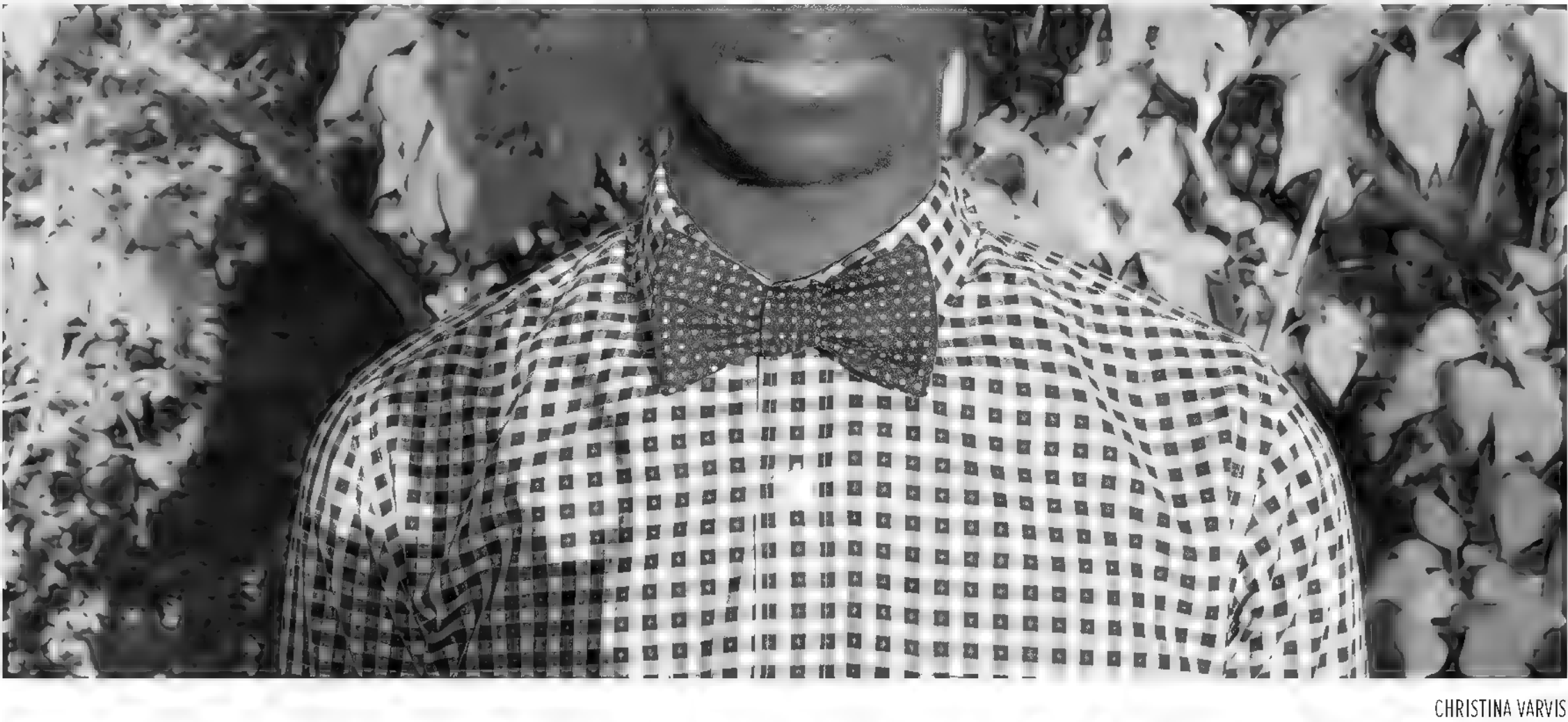
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CHRISTINA VARVIS

Doin' You: Tie a bowtie like a baller

Richard Catangay-Liew
NEWS EDITOR • @RICHARDCLIEW

There's a fine line between peacocking and being bold. Wearing a bowtie certainly teeters on that line.

Bowties aren't just for swanky black-tie formals anymore, which is why you see more and more of them on the street in polka dot and plaid patterns. As weird menswear trends come and go, the classic dandy bow tie will never go out of style.

Bowties are an attention-grabber, especially when paired with the right well-fitting pieces. A bowtie should stand out, while complementing your entire outfit at the same time.

But don't be bold for the sake of being bold. We get it, you're going to an event where everyone else is wearing a suit and tie and you want to deviate from the popular crowd, but unless you know what you're doing, stick to the four-in-hand.

The most common mistake when

tying a bow tie is sloppiness. Tie it too fast and the knot will unravel with the slightest head turn. Tie it too tight and you might have a perfect knot at the expense of breathing.

Keep practicing — it's not that difficult — and you have an eye-popping accessory that can sharpen any jacket, waistcoat or shirt.

But the first you need to learn how to tie one.

What you'll need:

- A bowtie
- Spread, club or cutaway collar dress shirt
- A mirror

Step 1: Stand in front of a mirror. Trust me, even experienced bow tiers don't know what the hell they're doing if they can't see themselves. Pop the collar of your shirt and slide the bow tie over your neck. Let the right side hang one to two inches below the left side.

Step 2: Cross the longer end (right

side) over the shorter end (left side) and pinch at the crossing point, forming a loop. Pass the longer end up through the loop.

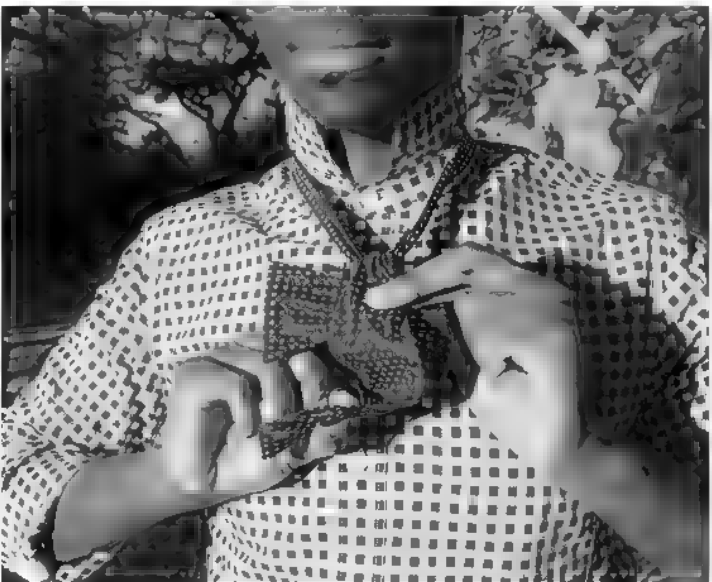
Step 3: This is where it gets tough, but keep trying if you mess up. Double up the shorter end and place it at the collar point.

Step 4: Drop the longer end over the front. A bow should begin to form at both sides of the collar point.

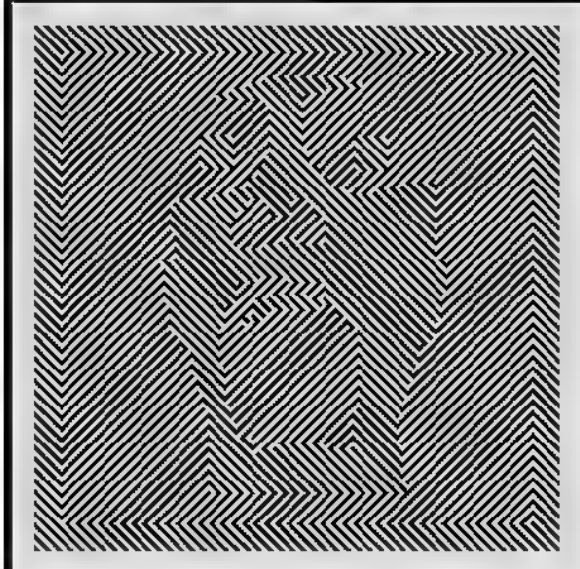
Step 5: Place your right forefinger on the bottom half of the hanging end. Pass this end behind the front loop

Step 6: Poke the end through the knot behind the loop. Push it through to form a knot. Pull to tighten and adjust to make sure the ends on both sides are the same shape and size.

Doin' You is a regular Gateway feature that teaches students ballin' life skill without their mom's help.



ALBUM REVIEW



We Were Promised Jetpacks Unravelling

Fat Cat Records
wewerepromisedjetpacks.com

Josh Greschner
ARTS & CULTURE WRITER

We Were Promised Jetpacks is a five-piece indie band from Edinburgh, a city strongly against Scottish Independence during the recent Referendum. For their third album *Unravelling*, the band hired indie savant Paul Savage to contrive a more conventional modern Brit-rock sound compared to the band's previous lo-fi, punk-inspired releases.

The strongest song, "Safety in Numbers" opens the album. A motorik synth line emerges from silence and singer Adam Thompson croons a memorable hook. The instruments follow, coming in clean and colourful. It's unfortunate, however, that Thompson's accent

is subdued; it's the band's most distinctive feature.

"Disconnecting" is an especially intriguing track. The beat broods along with the insidious bass line and Thompson's voice hovers above the mix until he unexpectedly creeps into a distraught falsetto while the keys, guitars and bass taking turns playing the same slinky line, suddenly swell to the brink. But the track holds back from exploding.

Other tracks are made of tuneful melodies played at a mid-tempo pace. The band members aren't particularly skilled musicians, but their songwriting is ambitious. They are especially adept at calculating a

song's dynamics, in which volume conforms to, negotiates with or shatters the listener's expectations, usually to appealing results. Piano and synth licks appear tastefully as well, especially to sweeten the occasional obstreperous sonic wash. The first five tracks all blend these techniques successfully. (Highlights include "I Keep It Composed" and "Peace Sign.")

The tracks after "Disconnecting," are disappointing. Drums thump away, guitars strum apathetically and the lyrics are rather bland. An instrumental is refreshing, but there isn't much more than touring fodder after "Disconnecting." The punk energy and snarl of their previous records could have livened the latter half of the record.

Unravelling is a keen effort. But, We Were Promised Jetpacks sacrifices idiosyncrasy for a tamer sound attuned to British indie conventions — to which the band's sensibilities don't always agree but to, but which they will stick to anyway. A bit like Scotland as of late.

Best teen movies

Forget your midterms with these easy-to-watch films



**Arts & Culture
Staff**
GROUP COMMENTARY

As gorgeous as the leaves on campus are right now, they also harbor the horrors in their midst. Yes, as the yellows and reds permeate our green and gold lifestyle, they also bring midterms. As you tuck into your study cubicle in Rutherford, remember the good times in high school, when life was easy and nothing hurt.

To facilitate your descent into procrastination, *The Gateway* urges you to remember the good times. Jump into your mom's car and enjoy some of our favourite and most iconic teen movies, so watch them, forget your adult problems, and drift into a vapid, vegetative state brought on by the problems of the teens.

Maggie Schmidt

There's something moderately sad about no longer being a teenager and still obsessing over movies about high school, but that never deterred me. Of all the coming-of-age movies out there, I'd have to say my personal favorite is Richard Ayoade's *Submarine* (2010). A British movie about an awkward high school boy trying to define himself while attempting to save his parents' marriage and fall in love, it's the perfect movie for anybody who didn't quite fit in growing up. The movie features beautiful cinematography and a killer soundtrack by the Arctic Monkeys' Alex Turner. So basically, it's an artsy teenager movie for grown-ups.

Alex Cook

Get in loser, we're watching *Mean Girls*.

There is no limit to the applications of *Mean Girls* to high school education. North Shore High School takes pride in their education. In geography, they teach the little known fact that everyone in Africa can read Swedish. History, on the other hand, takes a more conservative approach. According to their curricula, on the third day of the

Earth's existence, God created the Remington bolt-action rifle so that Man could fight the dinosaurs. More often, though, they educate about the societal norms of the average high school, which is important since, God, Karen, you can't just ask people why they're white.

You missed October 3rd, but it's never a bad time to watch this precedent for teen movies everywhere. So settle in with some cheese fries (your all-carb diet won't allow Taco Bell) and watch *Mean Girls*, A.K.A. the coolest movie you will ever see.

Jon Zilinski

As teenagers, our lives were a dramatic comedy — we were more concerned about getting booze and sex than we were getting good grades. As ridiculous as it was, for many of us that's the truth. That's why 2007's *Superbad* resonates so deeply with the young adults of 2014. It had all your basic staples of a teen movie: drama, parties and cops. But, there was one thing that put *Superbad* over the top: it had the McLovin factor. Comedically it was flawless, much due to the stellar performances of its relatively unknown stars at the time. Even after seven years, the soccer field scene still delivers as much punch as it did upon release. It's no wonder *Superbad* helped launch the careers of Jonah Hill, Micheal Cera and Emma Stone into the stratosphere.

Oumar Salifou

Juice brings the perfect blend of teen movie comedy and thriller into one awesome movie. What makes it enjoyable is specifically watching Tupac Shakur's character in his pursuit to randomly kill off all his friends. At first the movie is pretty average — four black teenagers dealing with their everyday problems, such as skipping school, fighting and cussing out their baby mommas. But when Bishop (Tupac) kills a member of the crew shit starts to get real. From that point on the movie goes from mediocre hood story to murder thriller with Tupac not willing to rest until he can sip on his former friends from a Slurpee cup. All this makes *Juice* a perfect pairing for a sickeningly sweet teen movie.



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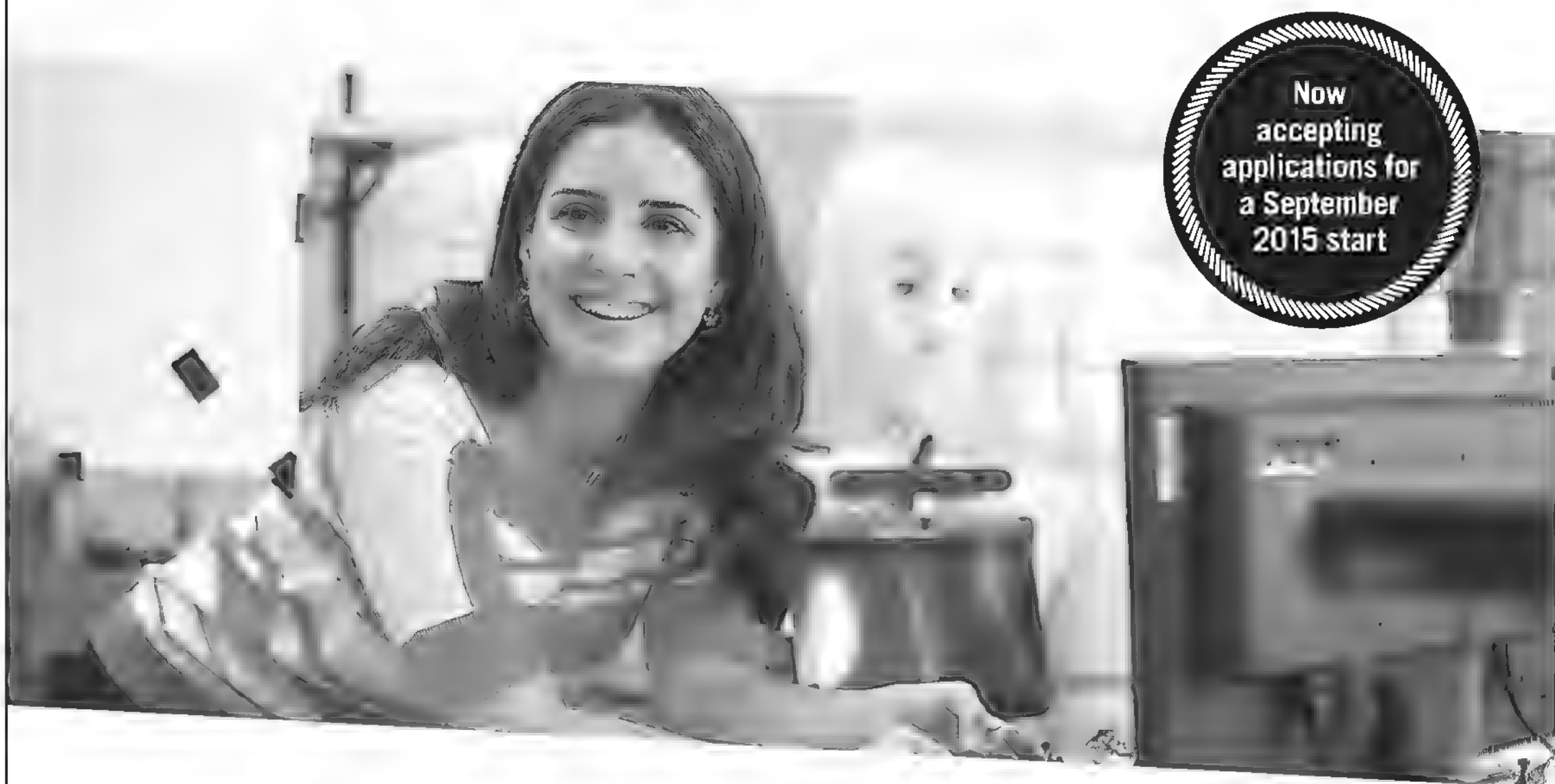
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Bears and Pandas hockey teams get off to hot starts

Richard Catangay-Liew
NEWS EDITOR • @RICHARDCLIEW

The University of Alberta Golden Bears and Pandas hockey squads celebrated Thanksgiving weekend on the ice against the University of Regina Cougars. The men trekked down to the Co-operators Centre in Regina while the women held down the home fort at Clare Drake Arena.

The CIS number one-ranked ranked Golden Bears, who entered the weekend 3-1, walked away with 2-1 and 5-2 victories. Forwards Jordan Hickmott and T.J. Foster both continued their torrid pace at the top of the Canada West scoring charts. Hickmott, who sits at the top of the conference with 13 points on the season, collected two goals and two assists over the series while his linemate, Foster,

who lurks behind Hickmott with 12 points on the year, chipped in with three goals and one assist in the winning effort.

Golden Bears head coach Ian Herbers said the chemistry between Foster and Hickmott has been superb all season on both ends of the ice.

“They’ve known each other quite a while,” Herbers said of the top line pair. “They’re very close in the dressing room and on the ice which helps them produce on the ice. They know where each other are going to be and they want to help set each other up.”

While the Bears’ top line remains unblemished, their goaltending carousel continues. Kurtis Mucha, who is undefeated at 4-0, backstopped the Bears to their first win, allowing just one goal on 23 shots on net. Mucha’s sparkling goals against

average remains near the top of the league, as he’s allowed six goals on the season. Luke Siemens wasn’t challenged as often as Mucha, stopping 12 of 14 shots in the Bears second win to improve his personal record to 1-1 on the year.

Although the Bears skate away with a perfect record last weekend while leading in wins and goals scored, Herbers isn’t pleased with being ranked first in penalty minutes. The Bears have amassed 139 minutes on the season, 25 more than the University of British Columbia Thunderbirds, who sit at second with 104. The trend in the penalty box continued during their game last weekend as the Bears topped the Cougars in penalty minutes, accumulating 18 to the Cougars’ 14.

“You can’t do it,” Herbers said of the Bears’ penalty trouble habits.

“We need to be more disciplined. We’ve taken some frustration penalties ... we gotta be the team that’s frustrating other teams. When you take a lot of penalties, that tells me you’re not dictating or controlling the game. We got to be a lot more disciplined and be the team drawing the penalties.”

The Pandas, on the other hand, were bested by the Cougars in penalty minutes — with 18 to 20 respectively — and walked away with a disappointing 1-1 series record.

After completely dominating the Cougars to the tune of 7-1 in the first game behind rookie forward Hannah Olenyk’s five points and Deanna Morin’s four points, the Pandas dropped their first game of the season on Oct. 11, losing 2-1 to the hometown Cougars. Both Olenyk and Morin were held pointless in the loss, registering just two shots on

goal apiece.

Pandas netminder Lindsey Post, who has started every game for Alberta this season, allowed two goals on Regina’s 24 shots in the loss. It’s the first time this season Post has allowed more than one goal in a game, but she still remains first in the conference in wins with three and third in goals against, goals against average, saves and save percentage.

The loss drops the Pandas to 3-1 on the season, slotting them below the 3-0-1 University of Calgary Dinos, who sit at the top of the Canada West with 10 points — just one more than the Pandas.

The Golden Bears (5-1) will host the University of Saskatchewan Huskies (4-2) on Friday, Oct 17 and 18. The Pandas (3-1) will visit the Huskies (2-2) at Rutherford Arena that same weekend.



EARNING A SPLIT The Pandas split their series with the Regina Cougars last weekend.

AMIRALI SHARIFI

OFF ON THE RIGHT FOOT The Bears are off to a 5-1 start to the season.

RANDY SAVOIE

Athletes of the Week



KEVIN SCHENK

Bears

Midfielder Tim Hickson - Soccer
Hickson was a rock in the back against Lethbridge over the weekend. He anchored a defence that allowed 10 goals one week ago to two consecutive clean sheets this weekend. Hickson helped the Bears move one step closer to the Canada West playoffs with the defensive performance of the weekend. Although Lethbridge never posed any real threat over the two matches, Hickson ensured there was no repeat of the previous weekend with a very strong, composed performance. – Adam Pinkoski

Pandas

Goaltender Kelti Biggs - Soccer
Biggs became the all-time leader in Canada West for career shutouts after blanking the Winnipeg Wesmen with a 4-0 win on Saturday, Oct. 11. It was the 32.5th shutout of her varsity career, surpassing the previous record of 32 held by Jaclyn Dunnett of UBC. It was also Biggs’ seventh shutout of the season, meaning that the Pandas have conceded just four goals this season. The Pandas will now head into their final weekend of the season with their eyes on first place in their division. – Adam Pinkoski



KEVIN SCHENK

Varsity sports roundup

bears volleyball



3-0
3-0



The Alberta Golden Bears were in top form last weekend, with two consecutive straight set victories over the University of British Columbia Okanagan Heat. The Bears got offence from all corners of the court last weekend, with Ryan Nickifor and Ryley Barnes each putting up 13 kills.

The Bears seem to be living up to their billing to repeat their exceptional last season. Seeming otherwise primed and ready to contend for Canada West and CIS supremacy again, they will need to improve from their 28-error performance on Saturday in coming matches this season. The Bears will be on the road next weekend to take on the University of Saskatchewan Huskies and looking to improve their unbeaten record. — Mitch Sorensen

pandas volleyball



2-3
3-1



The Pandas' weekend ended on a high note after coming out on the wrong side of a 3-2 comeback win for UBC Okanagan on Friday. After looking dominant and winning the first two sets, the Pandas lost three straight by a combined seven points. Spurred on by the loss, the Pandas banded together on Saturday to win 3-1.

Though they certainly wanted to come out of their opening weekend with a 2-0 record, the Pandas served notice on Saturday that they are a team ready to contend. The Pandas will go into their road trip with a win and some much-needed confidence under their belts. Look for the Pandas to improve on their 1-1 record next weekend when they take on the Saskatchewan Huskies in Saskatoon. — Mitch Sorensen

bears soccer



3-0
3-0



The Golden Bears soccer team bounced back from a terrible performance on the road against the Saskatchewan Huskies with two consecutive 3-0 shutouts against the University of Lethbridge Pronghorns last weekend. The Bears' offence was spread around nicely, as five different players on the team accounted for the six goals scored.

The pair of victories saw the Bears seal their spot in the Canada West playoffs, where they will take on the University of Calgary Dinos in the first round. If the Dinos win one of their two matches next weekend, they'll finish second in the division and host the series. The Bears will get some time to rest next weekend as they head into their bye week before playoffs. — Adam Pinkoski

pandas soccer



4-0
3-1



The Pandas soccer team had a dominant weekend against the University of Winnipeg Wesmen, winning both games by a combined score of 7-1. The Pandas jumped on the Wesmen on Saturday, winning 4-0 off of two goals from forward Jesse Candlish and a strong performance from goaltender Kelti Biggs.

With the shutout, Biggs became Canada West's all-time leader in shutouts with 32.5. The Pandas kept rolling on Sunday, winning the Thanksgiving match up 3-1. With the victories, the Pandas sit only one point behind the MacEwan Griffins and Calgary Dinos for first place in their division. The Pandas will finish off their regular season with two road games against MacEwan that will determine which team finishes at the top of the division. — Adam Pinkoski



HOCKEY

VS

Saskatchewan

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Saturday @ 6:00pm

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FOOTBALL

VS

Calgary

Saturday @ 2:00pm

Foote Field



BASKETBALL

Hoopfest Tournament
Non-Conference

Friday @ 7:00pm vs Brock

Saturday @ 5:00pm vs Concordia

Sunday @ 1:00pm vs TRU

Bears football set to rematch Dinos

FOOTBALL PREVIEW

Bears vs. Dinos

Saturday, Oct. 18, 2014
Foote Field

Cameron Lewis
SPORTS EDITOR • @COOOM

At the beginning of the year, if somebody had said the Golden Bears football team would be on the verge of a playoff spot heading into the final stretch of the season, they would have sounded insane.

But here we are. Three weeks to go and the team who came into the season winless since 2010 has the third best record in Canada West at 3-2.

Alberta's playoff quest will begin this Saturday at Foote Field against the Calgary Dinos as they come out of their Thanksgiving bye week. The Bears are technically undefeated against the Dinos this season, as they earned a 1-0 win in their season opener back on Oct. 5 — but they didn't actually win 1-0. The Bears were embarrassed in their season opener at McMahon field by a score

of 71-3. A few weeks later, the league found out that the Dinos used ineligible players, and awarded the Bears with a 1-0 victory.

Although a playoff berth is very realistic, head coach Chris Morris said the game plan hasn't changed.

"Our game plan remains constant, we just try to win every game that we're playing," Morris said. "To us, it's really just about playing to the best level we can, I think the biggest part of it is just making sure that we continue to progress as the season goes on."

The Bears relied heavily on their running game to take down the Manitoba Bisons as they ran for 271 yards during their last game. Sophomore running back Ed Ilnicki put up an incredible performance, running for 192 yards and three touchdowns in the win.

But against Calgary, who boast the top running defence in the division, it'll be a different story — the Bears are going to have to improve their passing game to crack Calgary's rock-solid defence.

"We're going to have to be very balanced against Calgary," Morris said. "They're a very good team so you can't just do one thing against

them. You have to take great care to be balanced because they can really load up on what you're trying to do."

Quarterback Curtis Dell only threw for 104 yards and one touchdown against the Bisons, but Morris said that's all he needed to do.

"Dell only passed for 104 yards because that's what the game plan was," he said. "We didn't throw the ball very much last week, (but) I don't think that was Curtis' fault. The throws that he had to make, he made."

The Bears are also going to have to tighten their defence if they want to keep up with the Dinos. The Bears have allowed a league high 607.8 yards per game this season, as opposed to Calgary's 364.6, which is top in the conference.

"Obviously Calgary is as good as it gets in the country," Morris said. "It's one of those things where we're going into the game and we feel we have to play at a very high level to compete with them."

"We welcome that opportunity, we welcome the chance to play against the very best. Hopefully we can represent ourselves a little better than we did last time we played them."



BASKETBALL

Hoopfest Tournament
Non-Conference

Saturday @ 7:00pm vs Lakehead

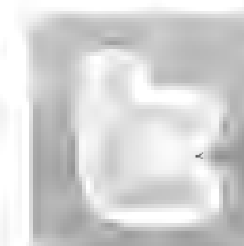
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TOP 5

Cameron Lewis
SPORTS EDITOR • @CCOOM

It was 10 years ago that the Expos were ripped from Montreal and shipped south to Washington D.C. In 2001, owner Jeff Loria sold the team to the MLB after he bought the Florida Marlins. Loria subsequently moved everything from the general manager and scouting staff to the office printer to Florida with him, leaving the Expos completely empty. In 2004, the league voted to terminate ownership of the Expos and they were eventually moved to Washington, where somebody slapped the Walgreens' logo on some red ball caps and the Nationals were born. We pay tribute to the first ever Canadian Major League Baseball franchise by counting down the top five players to ever play for the Montreal Expos.

5. Pitcher – Pedro Martinez: Montreal is where Martinez finally hit his stride and became one of the most dominant pitchers of all time. Just three years after being traded by the Dodgers in 1994, Martinez put up his first of three Cy Young award-winning seasons, posting a sparkling 17-8 record and a 1.90 earned run average with more than 300 strikeouts. Unfortunately, the strapped-for-cash Expos had to ship Martinez to the Red Sox as his contract was expiring. Although he only played four seasons in Montreal, he's one of the most dominant pitchers in franchise history.

4. Outfielder – Vladmir Guerrero: Vlad the Impaler was one of the most feared hitters in baseball throughout the late 1990s and early 2000s and holds the Montreal Expos' career home run record with 234 long-balls. Signed and developed in the Expos system, Guerrero made his debut with the team as a 21-year-old in 1996. He played seven full seasons

with the team, batting more than .300 in each of them and making four straight all-star appearances from 1999-2002. Guerrero became a free agent in 2003 and signed with the Anaheim Angels because the Expos couldn't match their massive offer of \$70 million over five years.

3. Outfielder – Tim Raines: He's one of four players who had their numbers retired by the Montreal Expos and when it's all said and done, Raines will likely be the third player to wear an Expo's hat in the Hall of Fame. Raines was one of the most prolific base stealers in league history. In his time with the Expos, Rock swiped 635 bags and sits fifth on the all-time career stolen bases list with 808.

2. Catcher – Gary Carter: Just before their final season in Montreal in 2003, Gary Carter became the first player to be inducted into the Major League Baseball Hall of Fame with a Montreal Expos hat on his plaque. The kid was the heart and soul of the Expos in the 1980s, including the 1981 team that made the playoffs the first and only time in club history. Carter was a beast defensively, earning three gold gloves in his time with the Expos to add on to the six straight all-star appearances he made between 1979 and 1984.

1. Outfielder – Andre Dawson: He could hit for power, hit for a high average, could run like the wind, he had a great glove and a cannon for an arm — Dawson was the epitome of a five-tool player and is top five in Expo history in just about every major statistical category. In his ten years with the team, he won six Gold Glove awards, three Silver Slugger awards and made three all-star appearances. The only downfall for Dawson were the leg injuries he sustained playing on Montreal's concrete-like artificial turf, game in and game out.

This week in Sports History

Zach Borutski

SPORTS STAFF • @ZACHSPRETTYCOOL

October 15, 1989: Wayne Gretzky scores his 1,851st point in the National Hockey League, passing Gordie Howe for the league's all time points lead at the age of 27 — but the Great One was nowhere near done there. Gretzky scored 1,006 more points during the rest of his career, before retiring with 2,857 points, a record that will probably never be broken. The next highest player on the NHL's all time scoring list is Gretzky's former teammate Mark Messier, who has 1,887 points. For the record, Gretzky has more assists than Messier has points.

October 18, 1992: The Toronto Blue Jays win the world series. In doing so, the Jays became the first team from outside the United States to be World Series Champions. The Jays repeated as World Series champions the next year, but unfortunately, they haven't made the playoffs since. The Jays now own the longest playoff drought in North American professional sports with 21-straight seasons without a playoff appearance.

October 20, 1989: Bertram Lee and Peter Bynoe become the first African-Americans to buy a major controlling interest of a major North American sports team, purchasing a 37.5 per cent share in the Denver Nuggets for \$65 million.



SUPPLIED

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Nora Myers, Painting

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Convocation Hall

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Health and Wellness

Six easy exercises to do if you can't find time to hit the gym



CHRISTINA VARVIS

Andrea Ross

EDITOR-IN-CHIEF • @_ROSSANDREA

We all know exercise is essential to our well-being, but unless you're a varsity athlete, staying fit while in school can be tough.

The University of Alberta's Van Vliet Fitness and Lifestyle Centre offers an expansive gym in the heart of campus for all your fitness needs. But if you just want to fit a quick full body workout in between study sessions, going to the gym isn't always practical.

For those times you can't commit to pumping iron, Fitness and Lifestyle Centre supervisor David Lyle provided us with a quick full body workout requiring no gym equipment that will re-energize you between study sessions as we head into midterm season.

Done in this order, the following workout hits all major muscle groups, starting with the largest to the smallest. Three sets of ten reps per exercise with minimal rest will work up a sweat.

Prisoner squat — Put your arms outstretched in front of you or on your shoulders and stand with feet hip-width apart. Keep your chest raised and lower yourself into a squat until your thighs are parallel or lower to the ground. Keep your butt back so your knees don't go over your toes. Stand up and repeat. "It's a good stretch for the behind and good for the back because you're getting good posture and stretching the chest," Lyle said. "It gets you to open up your chest and pull your shoulder blades back."

A few sets of these will get your quads burning and will get you one

step closer to a perky bum.

Desk pushup — Keeping your core tight, lean onto a desk or table with your hands on the edge, shoulder width apart. Push up like a regular push up. You should feel this up your arms, shoulders and chest.

Split squat - Start with one foot in front of the other with feet hip width apart. Bend your back leg so you lower yourself into a lunging position. Pause before your knee touches the ground, and push yourself back up with your front leg. "I tell the guys it's like proposing," Lyle said. "Think about going straight up and down, not leaning forward and don't bang your knee off the ground, because that will cause knee pain."

Bent over chair row — Grab a chair or heavy backpack and put it in front of you. With a slight bend

in your knees, lean forward and pull the chair to your chest. You'll be showing that chair who's boss while seeing gains in your lats.

YNTW — Don't mind the strange name — just put your arms straight above your head and pull down as if you were doing wide-grip lateral pull downs. Lyle said this simple exercise works the chest while offering a nice stretch.

Plank — This classic exercise will strengthen your entire core as well as arms, shoulders and quads. Make sure you keep your core engaged, back straight and hold the position as long as you can. "A plank is actually a shoulder stability exercise, that's how it was originally developed," Lyle said. "But it works the core as well. It's been shown to be the most effective core exercise, and great for the shoulders as well."

Sitback — This move is like a sit-up, except your arms are across your chest and you just go down slowly, to the count of seven. "It's very effective and will probably be the hardest one," Lyle said. "But it's safe for everybody." Targeting your abdominals at the end of the routine ensures you don't tire them out at the beginning. When targeting those broad muscle groups, you don't want to tire your core early on.

To make these exercises tougher, grab something heavy — like that chemistry book you haven't yet opened — and hold it to your chest while doing the circuit.

You don't always need a gym to get a good workout Lyle said.

"You could be sitting in one of those seminar rooms for two hours, do this... and it's going to get your blood flowing."



Diversions

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Jessica Hong

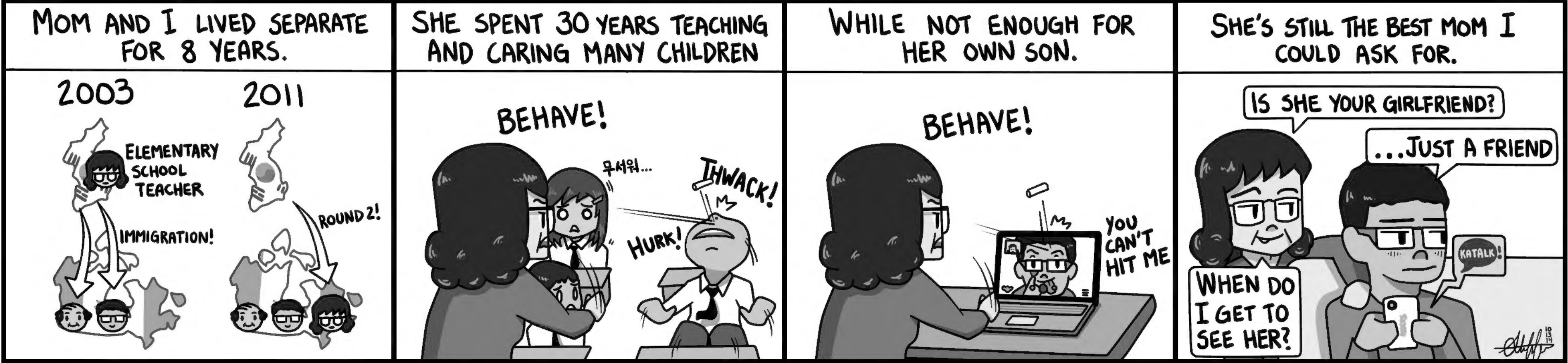
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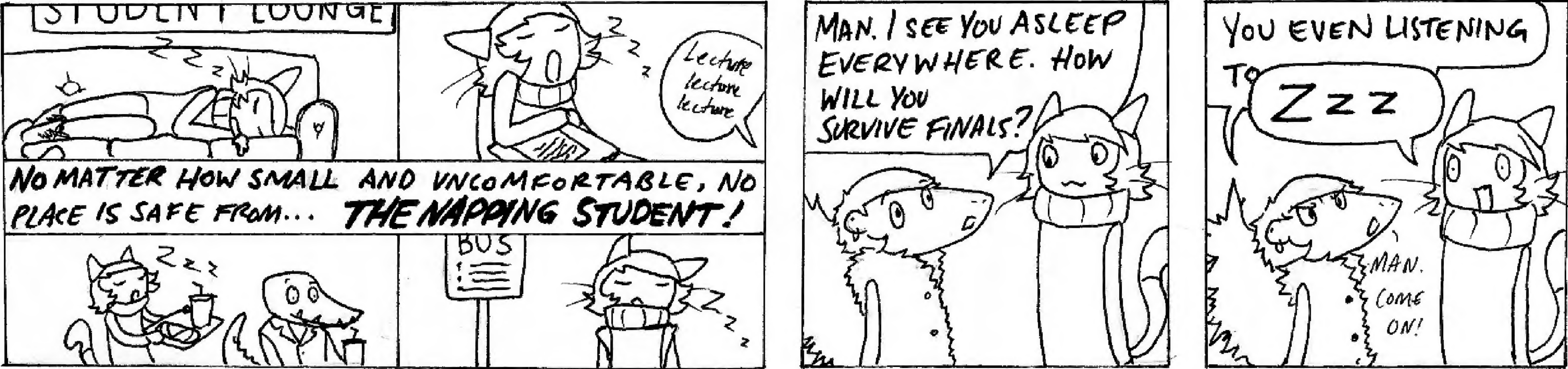
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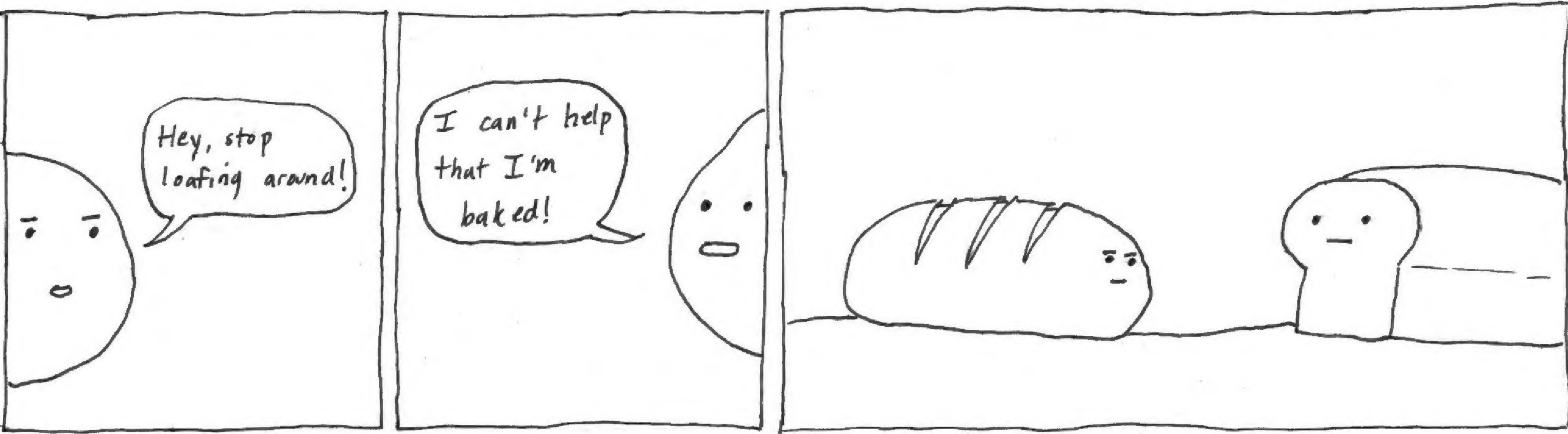
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